

The Emotion Wheel

A tool for recognizing and naming your emotions

What am I feeling right now? Sometimes it's hard to find the right word. This wheel helps you name what's happening inside.



Complete Emotion Map

- Joy**
happiness, excitement, pride, hope, relief, optimism, satisfaction, pleasure
- Sadness**
disappointment, loneliness, longing, helplessness, despair, grief, emptiness, melancholy
- Anger**
frustration, irritability, rage, resentment, jealousy, insult, bitterness, impatience
- Fear**
anxiety, worry, tension, panic, uncertainty, apprehension, dread, terror
- Shame**
guilt, embarrassment, humiliation, regret, inferiority, self-criticism, vulnerability, sense of flaw
- Surprise**
shock, confusion, curiosity, amazement, disbelief, astonishment, wonder
- Disgust**
rejection, revulsion, nausea, recoil, contempt, disdain, distancing

Try This Now

Pause for a moment. Take a slow breath.

What am I feeling right now? _____

What caused this feeling? _____

Intensity (1-10): _____

How to Use the Emotion Wheel

A simple guide to understanding and naming your emotions

Why is identifying emotions important?

Many of us were never taught to recognize what we feel. We know how to say "good" or "bad", but not much more. Research shows that simply naming an emotion helps reduce its intensity.

When to use it?

- Beginning or end of day
- When feeling something unclear
- After a stressful event
- Before a difficult conversation
- While journaling
- During a therapy session

Four Steps to Finding the Right Word

- 1 Pause – Take a breath. Notice something is happening inside.
- 2 Body scan – Where do you feel it? Stomach? Chest? Throat?
- 3 Choose a core emotion – Look at the 7 core emotions on the wheel.
- 4 Refine – Move outward on the wheel. Find the word that fits best.

No emotion is right or wrong. Every feeling carries information about what's happening inside you.

"When we name an emotion, we are no longer trapped inside it."