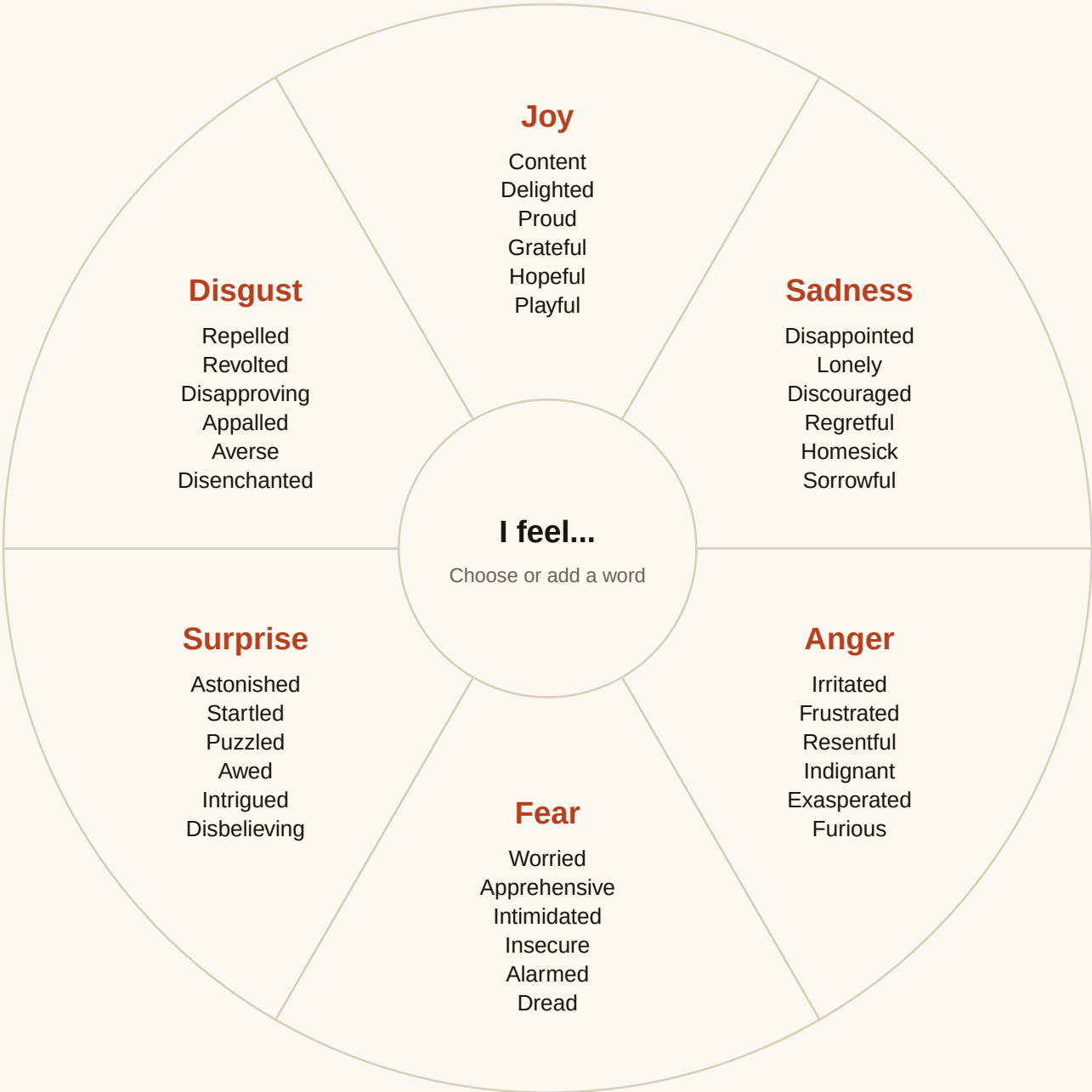




Emotion wheel

An original word navigator. Families overlap; choose more than one word, add your own, or leave the label open.



Start with a broad family. Compare nearby words. Try: I feel ____ about _____. Definitions are on the next page.



Words on the wheel

Short definitions for browsing, not a validated taxonomy. Your interpretation stays yours.

Joy

Content: Quietly satisfied with how things are right now.

Delighted: Strongly pleased by a welcome moment or discovery.

Proud: Pleased about an effort, action, or accomplishment you value.

Grateful: Appreciative of something received or someone's contribution.

Hopeful: Looking toward a wanted possibility while its outcome is uncertain.

Playful: In a lighthearted mood and drawn to fun or experimentation.

Sadness

Disappointed: Unhappy because an outcome fell short of what you wanted.

Lonely: Missing a sense of connection or companionship.

Discouraged: Feeling less hopeful about continuing an effort.

Regretful: Wishing a past choice or action had been different.

Homesick: Missing familiar people, places, or routines associated with home.

Sorrowful: Feeling deep sadness about a loss or painful situation.

Anger

Irritated: Bothered by a small or repeated frustration.

Frustrated: Upset because progress or a wanted action is blocked.

Resentful: Holding displeasure about something experienced as unfair.

Indignant: Angry about a perceived violation of fairness or respect.

Exasperated: Very frustrated after repeated difficulties or requests.

Furious: Feeling intense anger in the moment.

Fear

Worried: Concerned about a possible unwanted outcome.

Apprehensive: Uneasy about something that is approaching.

Intimidated: Feeling daunted by a person, demand, or situation.

Insecure: Unsure of your standing, ability, or sense of acceptance.

Alarmed: Suddenly concerned that something may be wrong or unsafe.

Dread: Strong reluctance or fear about an expected experience.

Surprise

Astonished: Very surprised by something unexpected.

Startled: Briefly jolted by a sudden event or sensation.

Puzzled: Uncertain how to make sense of something unexpected.

Awed: Struck by something experienced as remarkable or vast.

Intrigued: Curious because something unfamiliar has caught your attention.

Disbelieving: Having difficulty accepting unexpected information as true.

Disgust

Repelled: Feeling a strong wish to move away from something.

Revolted: Deeply averse to something you encounter.

Disapproving: Feeling that an action conflicts with your standards.

Appalled: Strongly upset by something you find unacceptable.

Averse: Feeling an inclination to avoid a particular experience.

Disenchanted: Disappointed after something loses its former appeal.