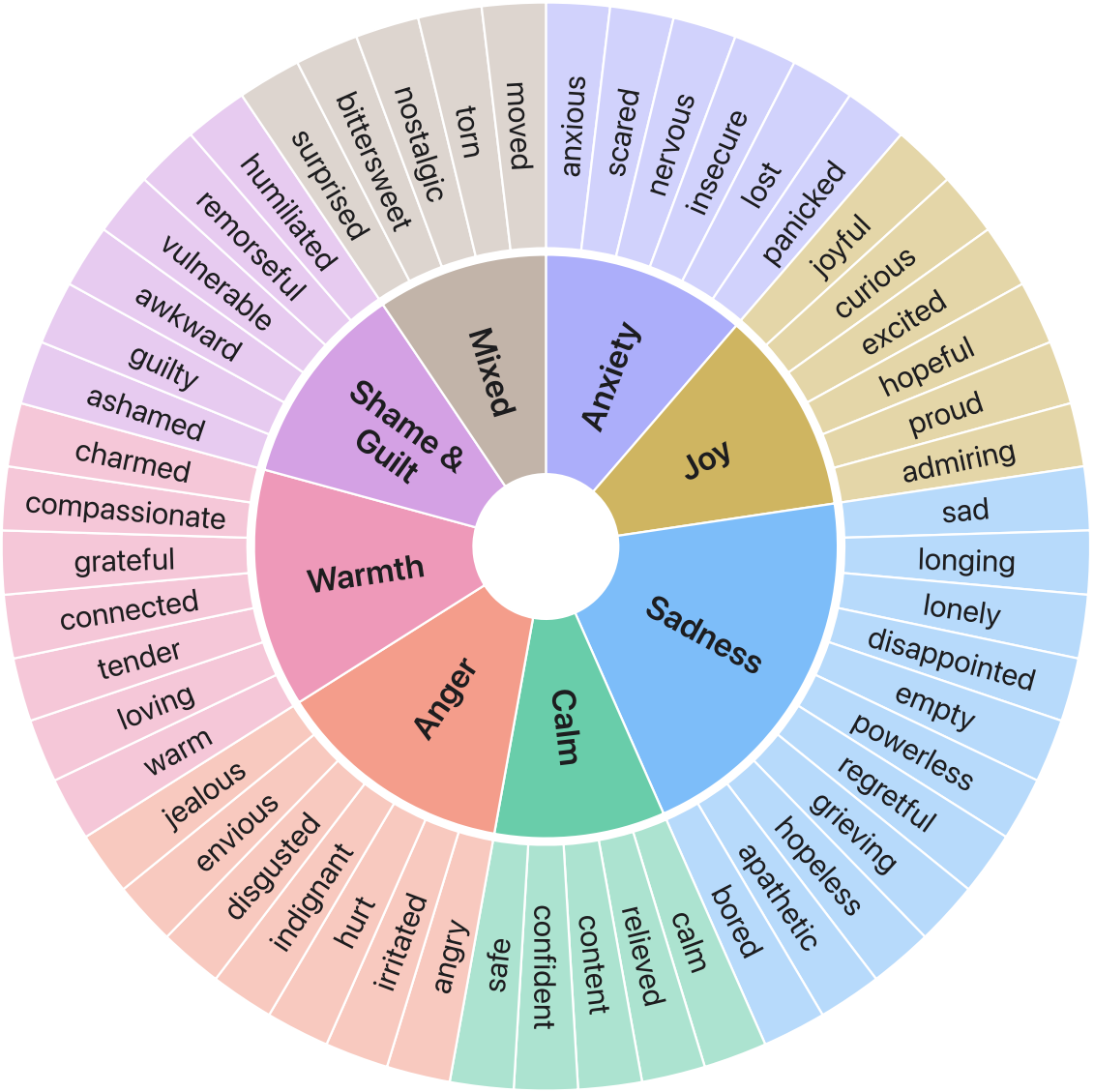
Feelings Wheel



Anxiety
anxious, scared, nervous, insecure, lost, panicked

Joy
joyful, curious, excited, hopeful, proud, admiring

Sadness
sad, longing, lonely, disappointed, empty, powerless, regretful, grieving, hopeless, apathetic, bored

Calm
calm, relieved, content, confident, safe

Anger
angry, irritated, hurt, indignant, disgusted, envious, jealous

Warmth
warm, loving, tender, connected, grateful, compassionate, charmed

Shame & Guilt
ashamed, guilty, awkward, vulnerable, remorseful, humiliated

Mixed
surprised, bittersweet, nostalgic, torn, moved