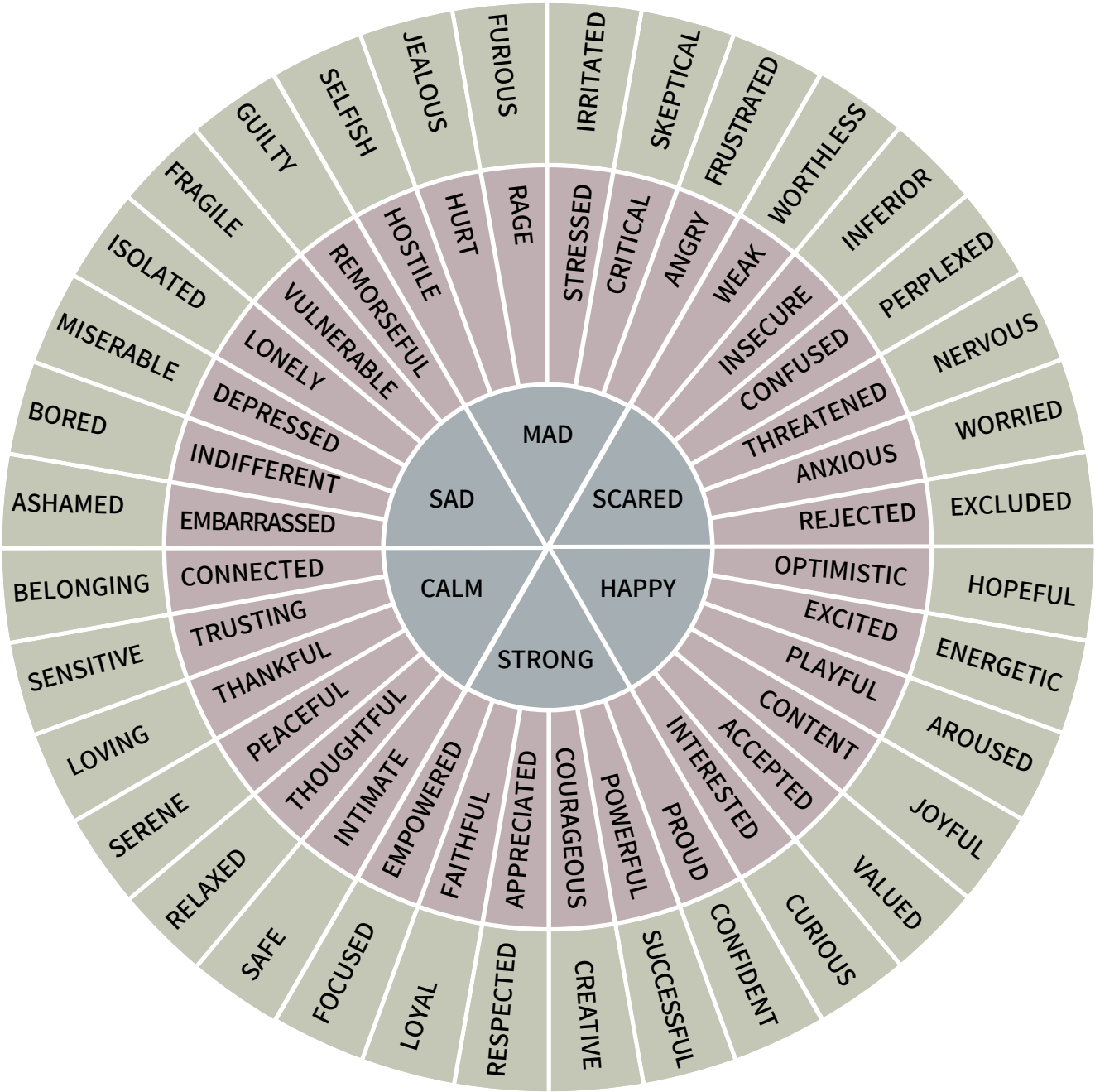


Emotions Wheel



Emotion Vocabulary Wheel

Emotions Wheel · diagram

- Start with a broad inner emotion.
- Move outward toward words that fit more precisely.
- More than one word can be true; the wheel is a vocabulary aid, not a test.



Reflection / notes

Feelings List

Emotions Wheel · reference list

QUICK-REFERENCE LIBRARY

● Feelings List	● Bugged
● Accepting	● Burned Up
● Agreeable	● Chagrined
● Appreciated	● Contempt
● Calm	● Crabby
● Centered	● Cranky
● Content	● Cynical
● Fulfilled	● Disdain
● Open	● Disgruntled
● Patient	● Dismayed
● Peaceful	● Disturbed
● Present	● Edgy
● Relaxed	● Enraged
● Serene	● Exasperated
● Trusting	● Frustrated
● Anger	● Fuming
● Aggravated	● Furious
● Agitated	● Fury
● Angst	● Galled
● Annoyed	● Grim
● Antagonistic	● Grouchy
● Belligerent	● Heated
● Bitter	● Hostile

Ill-tempered

Emotions Wheel · reference list

QUICK-REFERENCE LIBRARY

● Ill-tempered	● Ticked Off
● Impatient	● Truculent
● Incensed	● Upset
● Indignant	● Uptight
● Infuriated	● Vengeful
● Irate	● Vindictive
● Irked	● Wrathful
● Irritated	● Caring
● Loathing	● Admiring
● Moody	● Adoring
● Offended	● Affectionate
● On Edge	● Ardent
● Outraged	● Attached
● Petulant	● Attentive
● Pissed	● Cherishing
● Provoked	● Compassionate
● Resentful	● Considerate
● Seething	● Crazy About
● Sore	● Devoted
● Spiteful	● Doting
● Storming	● Fervent
● Sullen	● Fond
● Testy	● Friendly

Idolizing

Emotions Wheel · reference list

QUICK-REFERENCE LIBRARY

● Idolizing	● Bewildered
● Infatuated	● Blurred
● Kind	● Chaotic
● Kind Hearted	● Confounded
● Kind Like	● Confused
● Loving	● Dazed
● Passionate	● Directionless
● Respecting	● Disconcerted
● Sympathetic	● Disordered
● Tender	● Disorganized
● Thoughtful	● Disquieted
● Tolerant	● Distracted
● Trusting	● Disturbed
● Warm Hearted	● Dizzy
● Wild About	● Doubtful
● Yielding	● Flustered
● Zealous	● Foggy
● Confusion	● Foolish
● Adrift	● Frozen
● Ambivalent	● Frustrated
● Awkward	● Lost
● Baffled	● Misled
● Befuddled	● Mistaken

Misunderstood

Emotions Wheel · reference list

QUICK-REFERENCE LIBRARY

- | | |
|-----------------|----------------|
| ● Misunderstood | ● Connected |
| ● Mixed Up | ● Accepting |
| ● Mystified | ● Affectionate |
| ● Perplexed | ● Caring |
| ● Puzzled | ● Compassion |
| ● Rattled | ● Empathy |
| ● Reeling | ● Fulfilled |
| ● Shocked | ● Present |
| ● Shook Up | ● Safe |
| ● Speechless | ● Warm |
| ● Startled | ● Worthy |
| ● Stumped | ● Curious |
| ● Stunned | ● Engaged |
| ● Taken-aback | ● Exploring |
| ● Thrown | ● Fascinated |
| ● Torn | ● Interested |
| ● Trapped | ● Involved |
| ● Troubled | ● Stimulated |
| ● Uncertain | ● Depressed |
| ● Uncomfortable | ● Adrift |
| ● Undecided | ● Agony |
| ● Unsettled | ● Alienated |
| ● Unsure | ● Awful |

Barren

Emotions Wheel · reference list

QUICK-REFERENCE LIBRARY

● Barren

● Dejected

● Beaten

● Demoralized

● Blah

● Desolate

● Bleak

● Despair

● Blue

● Despondent

● Crestfallen

Feelings List

Emotions Wheel · reference list

QUICK-REFERENCE LIBRARY

- | | |
|-----------------|-----------------|
| ● Feelings List | ● Moody |
| ● Devalued | ● Morose |
| ● Disappointed | ● Regretful |
| ● Discouraged | ● Rotten |
| ● Dismal | ● Somber |
| ● Dispirited | ● Sorrowful |
| ● Distressed | ● Subdued |
| ● Down | ● Tearful |
| ● Downcast | ● Tired |
| ● Downhearted | ● Uncomfortable |
| ● Empty | ● Unhappy |
| ● Fed Up | ● Upset |
| ● Foggy | ● Weepy |
| ● Funk | ● Woeful |
| ● Gloomy | ● Worried |
| ● Glum | ● Disconnected |
| ● Grieved | ● Alienated |
| ● Grim | ● Aloof |
| ● Hopeless | ● Bored |
| ● Lost | ● Confused |
| ● Low | ● Distant |
| ● Melancholy | ● Empty |
| ● Miserable | ● Indifferent |

Isolated

Emotions Wheel · reference list

QUICK-REFERENCE LIBRARY

● Isolated	● Inept
● Lazy	● Inferior
● Lethargic	● Inhibited
● Listless	● Insignificant
● Numb	● Mortified
● Removed	● Self-conscious
● Resistant	● Shame
● Shut Down	● Sick
● Uneasy	● Squashed
● Uninterested	● Stupid
● Withdrawn	● Ugly
● Embarrassed	● Unaccepted
● Ashamed	● Useless
● Awkward	● Weak
● Chagrined	● Worthless
● Condemned	● Fear
● Demoralized	● Afraid
● Exposed	● Alarmed
● Guilty	● Anxious
● Humiliated	● Apprehensive
● Ignored	● Cautious
● Inadequate	● Defensive
● Incompetent	● Desperate

Disquieted

Emotions Wheel · reference list

QUICK-REFERENCE LIBRARY

● Disquieted	● Terror-stricken
● Distressed	● Threatened
● Fearful	● Timid
● Fretful	● Torment
● Frightened	● Uneasy
● Hesitant	● Unsure
● Horrified	● Watchful
● Intimidated	● Wired
● Jumpy	● Worried
● Nervous	● Wreaked
● Panic	● Hurt
● Panicky	● Ignored
● Paralyzed	● Imposed Upon
● Petrified	● Left Out
● Scared	● Lonely
● Shaky	● Longing
● Shocked	● Melancholy
● Shy	● Miserable
● Skittish	● Grateful
● Spinless	● Guilt
● Taut	● Appreciative
● Tense	● Blessed
● Terrified	● Delighted

Flattered

Emotions Wheel · reference list

QUICK-REFERENCE LIBRARY

● Flattered	● Empty
● Fortunate	● Exasperated
● Grace	● Frantic
● Humbled	● Apologetic
● Lucky	● Denial
● Moved	● Regret
● Thankful	● Remorseful
● Touched	● Sorry
● Grief	● Happy
● Abandoned	● Jovial
● Agony	● Alive
● Burdened	● Amused
● Cheated	● Animated
● Condemned	● Aroused
● Crushed	● Bubbly
● Defeated	● Celebratory
● Despair	● Cheerful
● Diminished	● Contented
● Disconnected	● Delighted
● Discontented	● Ecstatic
● Discouraged	● Elated
● Disturbed	● Elevated
● Divided	● Energetic

Excited

Emotions Wheel · reference list

QUICK-REFERENCE LIBRARY

- | | |
|-------------|----------------|
| ● Excited | ● Gleeful |
| ● Exuberant | ● Gratified |
| ● Fine | ● High Spirits |
| ● Glad | ● Keen |

Feelings List

Emotions Wheel · reference list

QUICK-REFERENCE LIBRARY

- | | |
|-----------------|---------------|
| ● Feelings List | ● Arching |
| ● Light Hearted | ● Belittled |
| ● Lively | ● Cheapened |
| ● Merry | ● Criticized |
| ● Overjoyed | ● Cruel |
| ● Pleasant | ● Crushed |
| ● Pleased | ● Damaged |
| ● Satisfied | ● Degraded |
| ● Serene | ● Demoralized |
| ● Sparkling | ● Depreciated |
| ● Sunny | ● Destroyed |
| ● Thrilled | ● Devalued |
| ● Vibrant | ● Devastated |
| ● Zippy | ● Discarded |
| ● Hopeful | ● Discredited |
| ● Encouraged | ● Disgraced |
| ● Expectant | ● Distressed |
| ● Optimistic | ● Forsaken |
| ● Trusting | ● Humiliated |
| ● Hurt | ● Impaired |
| ● Abused | ● Injured |
| ● Anguished | ● Let Down |
| ● Annoyed | |

Maligned

Emotions Wheel · reference list

QUICK-REFERENCE LIBRARY

- | | |
|--------------|-----------------|
| ● Maligned | ● Alienated |
| ● Marred | ● Blemished |
| ● Minimized | ● Broken |
| ● Mistreated | ● Crippled |
| ● Mocked | ● Damaged |
| ● Neglected | ● Defeated |
| ● Punished | ● Deficient |
| ● Put Away | ● Dopey |
| ● Put Down | ● Dry |
| ● Rejected | ● Feeble |
| ● Resentful | ● Finished |
| ● Ridiculed | ● Flawed |
| ● Rueful | ● Helpless |
| ● Ruined | ● Impaired |
| ● Scorned | ● Imperfect |
| ● Tender | ● Impotent |
| ● Tortured | ● Incapable |
| ● Touched | ● Incompetent |
| ● Troubled | ● Incomplete |
| ● Unhappy | ● Ineffective |
| ● Used | ● Inept |
| ● Wounded | ● Inferior |
| ● Inadequate | ● Insignificant |

Invalid

Emotions Wheel · reference list

QUICK-REFERENCE LIBRARY

● Invalid	● Worthless
● Jealous	● Zero
● Lacking	● Joy
● Lame	● Alive
● Meager	● Amused
● Neediness	● Awe
● Overwhelmed	● Bliss
● Powerless	● Cheerful
● Puny	● Delighted
● Sensitive	● Eager
● Small	● Ecstatic
● Substandard	● Enchanted
● Tenuous	● Energized
● Tiny	● Engaged
● Uncertain	● Enthusiastic
● Unconvincing	● Excited
● Unimportant	● Free
● Unsure	● Glad
● Useless	● Happy
● Washed Up	● Inspired
● Weak	● Invigorated
● Whipped	● Jubilant
● Wishful	● Passionate

Playful

Emotions Wheel · reference list

QUICK-REFERENCE LIBRARY

● Playful	● Detached
● Pleased	● Discouraged
● Radiant	● Distant
● Refreshed	● Empty
● Rejuvenated	● Estranged
● Renewed	● Excluded
● Satisfied	● Forsaken
● Thrilled	● Isolated
● Tickled	● Left Out
● Vibrant	● Leftover
● Loneliness	● Lonely
● Abandoned	● Marooned
● Alienated	● Melancholy
● Alone	● Neglected
● Apart	● Oppressed
● Blue	● Ostracized
● Cheerless	● Outcast
● Companionless	● Rejected
● Cut Off	● Remote
● Dejected	● Separate
● Deserted	● Shunned
● Despondent	● Uncherished
● Destroyed	● Withdrawn

Loving

Emotions Wheel · reference list

QUICK-REFERENCE LIBRARY

● Loving	● Closeness
● Adulation	● Compassionate
● Affection	● Fondness
● Caring	● Friendly

Feelings List

Emotions Wheel · reference list

QUICK-REFERENCE LIBRARY

● Feelings List	● Calculating
● Infatuated	● Capable
● Lust	● Cocky
● Open Hearted	● Conceited
● Passionate	● Confident
● Sympathetic	● Daring
● Tender	● Determined
● Tenderness	● Empowered
● Trust	● Free
● Warm	● Grounded
● Powerless	● Proud
● Cowardly	● Secure
● Impotent	● Self Assured
● Incapable	● Strong
● Neglected	● Triumphant
● Resigned	● Valiant
● Trapped	● Worthy
● Victim	● Agony
● Pain	● Anguished
● Adventurous	● Devastated
● Assertive	● Heartbroken
● Bold	● Hurt
● Brave	● Lonely

Miserable

Emotions Wheel · reference list

QUICK-REFERENCE LIBRARY

- | | |
|----------------|---------------|
| ● Miserable | ● Remorse |
| ● Regretful | ● Abashed |
| ● Remorseful | ● Apologetic |
| ● Suffering | ● Ashamed |
| ● Peaceful | ● Bashful |
| ● Centered | ● Blushing |
| ● Clam | ● Chagrined |
| ● Clear Headed | ● Chastened |
| ● Comfortable | ● Contrite |
| ● Content | ● Crestfallen |
| ● Equanimous | ● Culpable |
| ● Fulfilled | ● Debased |
| ● Mellow | ● Degraded |
| ● Quiet | ● Demeaned |
| ● Relaxed | ● Depraved |
| ● Satisfied | ● Disgraced |
| ● Serene | ● Downhearted |
| ● Serenity | ● Embarrassed |
| ● Still | ● Evil |
| ● Subdued | ● Exposed |
| ● Tranquil | ● Flustered |
| ● Trusting | ● Guilty |
| ● Powerful | ● Hesitant |

Humble

Emotions Wheel · reference list

QUICK-REFERENCE LIBRARY

● Humble	● Depressed
● Humiliated	● Despondent
● Judged	● Disappointed
● Meek	● Discouraged
● Mortified	● Drained
● Penitent	● Forlorn
● Regretful	● Gloomy
● Remorseful	● Grief
● Repentant	● Heartbroken
● Shamed	● Hollow
● Shamefaced	● Hopeless
● Sheepish	● Isolation
● Sinful	● Lonely
● Sorrowful	● Longing
● Sorry	● Melancholy
● Wicked	● Misery
● Wrong	● Sorrow
● Sad	● Teary
● Alienated	● Unhappy
● Anguish	● Upset
● Crushed	● Weary
● Defeated	● Yearning
● Dejected	● Scared

Afraid

Emotions Wheel · reference list

QUICK-REFERENCE LIBRARY

● Afraid	● Panicky
● Alarmed	● Perplexed
● Anxious	● Petrified
● Appalled	● Reluctant
● Apprehensive	● Shaken
● Cautious	● Suspicious
● Concerned	● Terrified
● Cowardly	● Trepidation
● Defensive	● Wary
● Desperate	● Worried
● Doubtful	● Restless
● Dread	● Shaken
● Foreboding	● Tense
● Full of Dread	● Weary
● Guarded	● Worn Out
● Hesitant	● Stressed
● Horrified	● Vulnerable
● Impatient	● Antsy
● Insecure	● Anxious
● Intimidated	● Burned Out
● Mistrustful	● Cranky
● Nervous	● Depleted
● Overwhelmed	● Distraught

Distressed

Emotions Wheel · reference list

QUICK-REFERENCE LIBRARY

● Distressed	● Replenished
● Edgy	● Shocked
● Exhausted	● Splendid
● Fidgety	● Startled
● Frazzled	● Stunned
● Irritable	● Fragile
● Jittery	● Guarded
● Nervous	● Helpless
● Overwhelmed	● Insecure
● Rattled	● Leery
● Surprised	● Reserved
● Astonished	● Sensitive
● Curious	● Shaky
● Delighted	● Yearning
● Enchanted	● Desire
● Exhilarated	● Envious
● Impressed	● Jealous
● Incredulous	● Longing
● Mystified	● Nostalgic
● Passionate	● Pining
● Playful	● Wistful

Feelings List

Emotions Wheel · reference list

QUICK-REFERENCE LIBRARY

● Feelings List	● Amused
● Abandoned	● Anger
● Abashed	● Angst
● Abused	● Anguish
● Accepting	● Anguished
● Admiring	● Animated
● Adoring	● Annoyed
● Adrift	● Antagonistic
● Adulation	● Antsy
● Adventurous	● Anxious
● Affection	● Apart
● Affectionate	● Apologetic
● Afraid	● Appalled
● Aggravated	● Appreciated
● Agitated	● Appreciative
● Agony	● Apprehensive
● Agreeable	● Arching
● Alarmed	● Ardent
● Alienated	● Aroused
● Alive	● Ashamed
● Alone	● Assertive
● Aloof	● Astonished
● Ambivalent	● Attached

Attentive

Emotions Wheel · reference list

QUICK-REFERENCE LIBRARY

- | | |
|---------------|---------------|
| ● Attentive | ● Brave |
| ● Awe | ● Broken |
| ● Awful | ● Bubbly |
| ● Awkward | ● Bugged |
| ● Baffled | ● Burdened |
| ● Barren | ● Burned Out |
| ● Bashful | ● Burned Up |
| ● Beaten | ● Calculating |
| ● Befuddled | ● Calm |
| ● Belittled | ● Capable |
| ● Belligerent | ● Caring |
| ● Bewildered | ● Cautious |
| ● Bitter | ● Celebratory |
| ● Blah | ● Centered |
| ● Bleak | ● Chagrined |
| ● Blemished | ● Chaotic |
| ● Blessed | ● Chastened |
| ● Bliss | ● Cheapened |
| ● Blue | ● Cheated |
| ● Blurred | ● Cheerful |
| ● Blushing | ● Cheerless |
| ● Bold | ● Cherishing |
| ● Bored | ● Clam |

Clear Headed

Emotions Wheel · reference list

QUICK-REFERENCE LIBRARY

- | | |
|-----------------|---------------|
| ● Clear Headed | ● Crazy About |
| ● Closeness | ● Crestfallen |
| ● Cocky | ● Crippled |
| ● Comfortable | ● Criticized |
| ● Companionless | ● Cruel |
| ● Compassion | ● Crushed |
| ● Compassionate | ● Culpable |
| ● Conceited | ● Curious |
| ● Concerned | ● Cut Off |
| ● Condemned | ● Cynical |
| ● Confident | ● Damaged |
| ● Confounded | ● Daring |
| ● Confused | ● Dazed |
| ● Confusion | ● Debased |
| ● Connected | ● Defeated |
| ● Considerate | ● Defensive |
| ● Contempt | ● Deficient |
| ● Content | ● Degraded |
| ● Contented | ● Dejected |
| ● Contrite | ● Delighted |
| ● Cowardly | ● Demeaned |
| ● Crabby | ● Demoralized |
| ● Cranky | ● Denial |

Depleted

Emotions Wheel · reference list

QUICK-REFERENCE LIBRARY

● Depleted	● Discredited
● Depraved	● Disdain
● Depreciated	● Disgraced
● Depressed	● Disgruntled
● Deserted	● Dismal
● Desire	● Dismayed
● Desolate	● Disordered
● Despair	● Disorganized
● Desperate	● Dispirited
● Despondent	● Disquieted
● Destroyed	● Distant
● Detached	● Distracted
● Determined	● Distraught
● Devalued	● Distressed
● Devastated	● Disturbed
● Devoted	● Divided
● Diminished	● Dizzy
● Directionless	● Dopey
● Disappointed	● Doting
● Discarded	● Doubtful
● Disconnected	● Down
● Discontented	● Downcast
● Discouraged	● Downhearted

Drained

Emotions Wheel · reference list

QUICK-REFERENCE LIBRARY

- Drained

Feelings List

Emotions Wheel · reference list

QUICK-REFERENCE LIBRARY

- | | |
|-----------------|---------------|
| ● Feelings List | ● Exasperated |
| ● Dread | ● Excited |
| ● Dry | ● Excluded |
| ● Eager | ● Exhausted |
| ● Ecstatic | ● Exhilarated |
| ● Edgy | ● Expectant |
| ● Elated | ● Exploring |
| ● Elevated | ● Exposed |
| ● Embarrassed | ● Exuberant |
| ● Empathy | ● Fascinated |
| ● Empowered | ● Fear |
| ● Empty | ● Fearful |
| ● Enchanted | ● Fed Up |
| ● Encouraged | ● Feeble |
| ● Energetic | ● Fervent |
| ● Energized | ● Fidgety |
| ● Engaged | ● Fine |
| ● Enraged | ● Finished |
| ● Enthusiastic | ● Flattered |
| ● Envious | ● Flawed |
| ● Equanimous | ● Flustered |
| ● Estranged | ● Foggy |
| ● Evil | ● Fond |

Fondness

Emotions Wheel · reference list

QUICK-REFERENCE LIBRARY

● Fondness	● Gleeful
● Foolish	● Gloomy
● Foreboding	● Glum
● Forlorn	● Grace
● Forsaken	● Grateful
● Fortunate	● Gratified
● Fragile	● Grief
● Frantic	● Grieved
● Frazzled	● Grim
● Free	● Grouchy
● Fretful	● Grounded
● Friendly	● Guarded
● Frightened	● Guilt
● Frozen	● Guilty
● Frustrated	● Happy
● Fulfilled	● Heartbroken
● Full of Dread	● Heated
● Fuming	● Hesitant
● Funk	● High Spirits
● Furious	● Hollow
● Fury	● Hopeful
● Galled	● Hopeless
● Glad	● Horrified

Hostile

Emotions Wheel · reference list

QUICK-REFERENCE LIBRARY

- | | |
|----------------|-----------------|
| ● Hostile | ● Infatuated |
| ● Humble | ● Inferior |
| ● Humbled | ● Infuriated |
| ● Humiliated | ● Inhibited |
| ● Hurt | ● Injured |
| ● Idolizing | ● Insecure |
| ● Ignored | ● Insignificant |
| ● Ill-tempered | ● Inspired |
| ● Impaired | ● Interested |
| ● Impatient | ● Intimidated |
| ● Imperfect | ● Invalid |
| ● Imposed Upon | ● Invigorated |
| ● Impressed | ● Involved |
| ● Inadequate | ● Irrate |
| ● Incapable | ● Irked |
| ● Incensed | ● Irritable |
| ● Incompetent | ● Irritated |
| ● Incomplete | ● Isolated |
| ● Incredulous | ● Jealous |
| ● Indifferent | ● Jittery |
| ● Indignant | ● Jovial |
| ● Ineffective | ● Joy |
| ● Inept | ● Jubilant |

Judged

Emotions Wheel · reference list

QUICK-REFERENCE LIBRARY

● Judged	● Longing
● Jumpy	● Lost
● Keen	● Loving
● Kind	● Low
● Kind Hearted	● Lucky
● Kind Like	● Lust
● Lacking	● Maligned
● Lame	● Marooned
● Lazy	● Marred
● Leery	● Meager
● Left Out	● Meek
● Leftover	● Melancholy
● Let Down	● Mellow
● Lethargic	● Merry
● Light Hearted	● Minimized
● Listless	● Miserable
● Lively	● Misery
● Loathing	● Misled
● Loneliness	● Mistaken
● Lonely	

Feelings List

Emotions Wheel · reference list

QUICK-REFERENCE LIBRARY

- | | |
|-----------------|---------------|
| ● Feelings List | ● Outcast |
| ● Mistreated | ● Outraged |
| ● Mistrustful | ● Overjoyed |
| ● Misunderstood | ● Overwhelmed |
| ● Mixed Up | ● Pain |
| ● Mocked | ● Panic |
| ● Moody | ● Panicky |
| ● Morose | ● Paralyzed |
| ● Mortified | ● Passionate |
| ● Moved | ● Patient |
| ● Mystified | ● Peaceful |
| ● Neediness | ● Penitent |
| ● Neglected | ● Perplexed |
| ● Nervous | ● Petrified |
| ● Nostalgic | ● Petulant |
| ● Numb | ● Pining |
| ● Offended | ● Pissed |
| ● On Edge | ● Playful |
| ● Open | ● Pleasant |
| ● Open Hearted | ● Pleased |
| ● Oppressed | ● Powerful |
| ● Optimistic | ● Powerless |
| ● Ostracized | ● Present |

Proud

Emotions Wheel · reference list

QUICK-REFERENCE LIBRARY

● Proud	● Repentant
● Provoked	● Replenished
● Punished	● Resentful
● Puny	● Reserved
● Put Away	● Resigned
● Put Down	● Resistant
● Puzzled	● Respecting
● Quiet	● Restless
● Radiant	● Ridiculed
● Rattled	● Rotten
● Reeling	● Rueful
● Refreshed	● Ruined
● Regret	● Sad
● Regretful	● Safe
● Rejected	● Satisfied
● Rejuvenated	● Scared
● Relaxed	● Scorned
● Reluctant	● Secure
● Remorse	● Seething
● Remorseful	● Self Assured
● Remote	● Self-conscious
● Removed	● Sensitive
● Renewed	● Separate

Serene

Emotions Wheel · reference list

QUICK-REFERENCE LIBRARY

- | | |
|--------------|---------------|
| ● Serene | ● Speechless |
| ● Serenity | ● Spinless |
| ● Shaken | ● Spiteful |
| ● Shaky | ● Splendid |
| ● Shame | ● Squashed |
| ● Shamed | ● Startled |
| ● Shamefaced | ● Still |
| ● Sheepish | ● Stimulated |
| ● Shocked | ● Storming |
| ● Shook Up | ● Stressed |
| ● Shunned | ● Strong |
| ● Shut Down | ● Stumped |
| ● Shy | ● Stunned |
| ● Sick | ● Stupid |
| ● Sinful | ● Subdued |
| ● Skittish | ● Substandard |
| ● Small | ● Suffering |
| ● Somber | ● Sullen |
| ● Sore | ● Sunny |
| ● Sorrow | ● Surprised |
| ● Sorrowful | ● Suspicious |
| ● Sorry | ● Sympathetic |
| ● Sparkling | ● Taken-aback |

Taut

Emotions Wheel · reference list

QUICK-REFERENCE LIBRARY

● Taut	● Torn
● Tearful	● Tortured
● Teary	● Touched
● Tender	● Tranquil
● Tenderness	● Trapped
● Tense	● Trepidation
● Tenuous	● Triumphant
● Terrified	● Troubled
● Terror-stricken	● Truculent
● Testy	● Trust
● Thankful	● Trusting
● Thoughtful	● Ugly
● Threatened	● Unaccepted
● Thrilled	● Uncertain
● Thrown	● Uncherished
● Ticked Off	● Uncomfortable
● Tickled	● Unconvincing
● Timid	● Undecided
● Tiny	● Uneasy
● Tired	● Unhappy
● Tolerant	● Unimportant
● Torment	

Feelings List

Emotions Wheel · reference list

QUICK-REFERENCE LIBRARY

- | | |
|-----------------|----------------|
| ● Feelings List | ● Warm Hearted |
| ● Uninterested | ● Wary |
| ● Unsettled | ● Washed Up |
| ● Unsure | ● Watchful |
| ● Upset | ● Weak |
| ● Uptight | ● Weary |
| ● Used | ● Weepy |
| ● Useless | ● Whipped |
| ● Wounded | ● Wicked |
| ● Wrathful | ● Wild About |
| ● Wreaked | ● Wired |
| ● Wrong | ● Wishful |
| ● Valiant | ● Wistful |
| ● Vengeful | ● Withdrawn |
| ● Vibrant | ● Woeful |
| ● Victim | ● Worn Out |
| ● Vindictive | ● Worried |
| ● Vulnerable | ● Worthless |
| ● Zealous | ● Worthy |
| ● Zero | ● Yearning |
| ● Zippy | ● Yielding |
| ● Warm | |