

Emotion Wheel

This circular diagram illustrates 100 emotions, organized into five main categories around a central hub. Each category is represented by a wedge-shaped section, with a central label and a ring of related emotions.

- Joyful** (10 emotions): Happy, Proud, Excited, Grateful, Playful, Hopeful, Peaceful, Relaxed, Content, Safe.
- Calm** (10 emotions): Focused, Relieved, Loved, Accepted, Close, Caring, Trusting, Appreciated, Lonely, Disappointed.
- Connected** (10 emotions): Hurt, Grieving, Tired, Down, Frustrated, Resentful, Irritated, Offended, Furious, Anxious.
- Sad** (10 emotions): Overwhelmed, Insecure, Nervous, Scared, Amazed, Confused, Startled, Curious, Moved, Happy.
- Angry** (10 emotions): Delighted, Accomplished, Confident, Eager, Energized, Thankful, Fortunate, Silly, Lighthearted, Optimistic.

The diagram is a circular chart with five main sections, each representing a broad emotional category. Each section is further divided into specific emotions. The emotions are listed in the following table:

Category	Emotions
Joyful	Happy, Proud, Excited, Grateful, Playful, Hopeful, Peaceful, Relaxed, Content, Safe
Calm	Focused, Relieved, Loved, Accepted, Close, Caring, Trusting, Appreciated, Lonely, Disappointed
Connected	Hurt, Grieving, Tired, Down, Frustrated, Resentful, Irritated, Offended, Furious, Anxious
Sad	Overwhelmed, Insecure, Nervous, Scared, Amazed, Confused, Startled, Curious, Moved, Happy
Angry	Delighted, Accomplished, Confident, Eager, Energized, Thankful, Fortunate, Silly, Lighthearted, Optimistic

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