

Feelings Wheel



- Anxiety**

anxious, scared, nervous, insecure, lost
- Joy**

joyful, curious, excited, hopeful, proud, admiring
- Sadness**

sad, longing, lonely, disappointed, empty, powerless, regretful, grieving, hopeless, indifferent, 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