



Feelings wheel for adults

This worksheet helps you explore your emotions by using a feelings wheel. You may identify a core emotion and narrow it down to a more specific feeling to gain clarity, improve self-awareness, and find it easier to communicate your feelings.

Directions: Review the core emotions, secondary emotions, and tertiary feelings below.

Core emotion	Secondary emotions	Tertiary feelings
Sadness	Lonely, grief, hurt, vulnerable, despair, guilty, depressed, disappointment, hopeless	Isolated, abandoned, powerless, ashamed, empty, inferior, fragile, embarrassed, let down, heartbroken
Joy	Contentment, excitement, aroused, pride, amusement, trusting, gratitude, thankful	Secure, close, belonging, reassured, optimistic, intimate
Fear	Anxiety, nervousness, insecurity, dread, scared, weak, helplessness	Uneasy, worried, vulnerable, overwhelmed, worthless, insignificant, powerless
Surprise	Shock, wonder, amazement, disbelief, confusion	Startled, curious, fascinated, uncertain, baffled
Love/Trust	Affection, acceptance, admiration, caring, compassion	Appreciated, connected, understood, valued, cherished, supported
Disgust	Contempt, aversion, disapproval, revulsion	Displeased, judgment, uncomfortable, repulsed, skeptical, appalled, embarrassed
Anger	Frustration, aggression, hostility, rage, resentment, annoyance	Irritated, bitter, aggravated, enraged, furious, jealous, provoked
Anticipation	Eagerness, interest, enthusiasm, impatience, motivation	Hopeful, engaged, inspired, restless, determined

