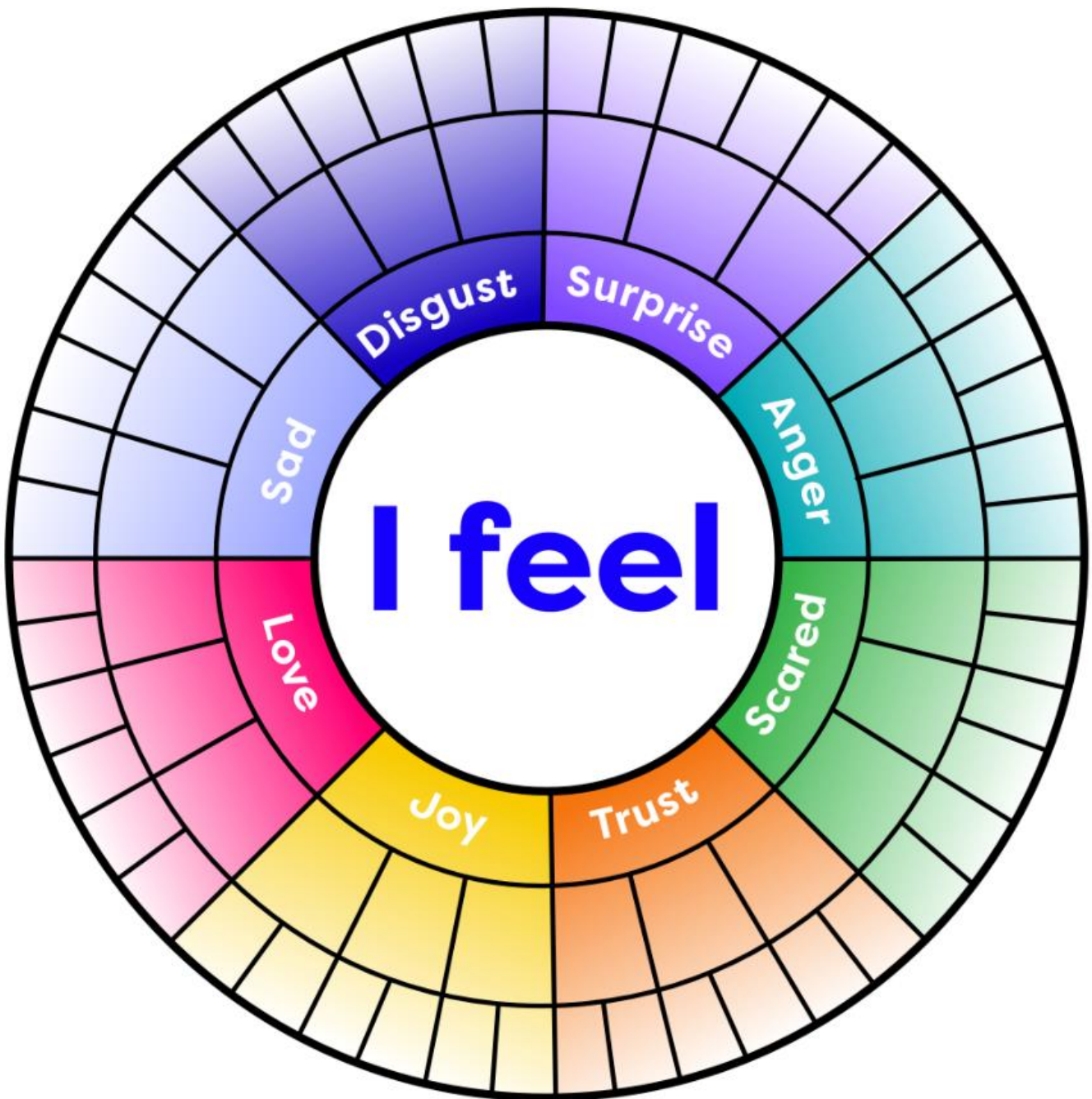


The Emotion Wheel

This worksheet can be helpful to identify and categorize your emotions. Write each emotion in the wheel in a way that best describes them.



Emotions List

Startled	Apprehensive	Delighted
Amazed	Shocked	Pleased
Confused	Admiration	Illustrious
Desire	Astonished	Triumphant
Affectionate	Disillusioned	Blissful
Tenderness	Perplexed	Excited
Frustrated	Passion	Panic
Mad	Infatuation	Helpless
Insulted	Romantic	Anxious
Grateful	Attachment	Worried
Accepted	Caring	Inferior
Hopeful	Compassionate	Inadequate
Happy	Annoyed	Lonely
Proud	Upset	Isolated
Cheerful	Furious	Regretful
Terror	Enraged	Guilty
Nervous	Indignant	Hurt
Insecure	Hostile	Agony
Neglected	Blessed	Outraged
Shameful	Admiration	Appealed
Suffering	Respected	Embarrassed
Disappointed	Valued	Judgmental
Disapproval	Expectant	Nauseated
Awful	Longing	Detestable