

Feelings

Joyful

Excited
Sensuous
Energetic
Cheerful
Creative
Hopeful
Daring
Fascinated
Stimulated
Amused
Playful
Optimistic

Powerful

Faithful
Important
Appreciated
Respected
Proud
Aware
Confident
Discerning
Valuable
Worthwhile
Successful
Surprised

Peaceful

Content
Thoughtful
Intimate
Loving
Trusting
Nurturing
Relaxed
Pensive
Responsive
Serene
Secure
Thankful

Scared

Confused
Rejected
Helpless
Submissive
Insecure
Anxious
Bewildered
Discouraged
Insignificant
Inadequate
Embarrassed
Overwhelmed

Mad

Hurt
Hostile
Angry
Selfish
Hateful
Critical
Distant
Sarcastic
Frustrated
Jealous
Irritated
Skeptical

Sad

Tired
Bored
Lonely
Depressed
Ashamed
Guilty
Remorseful
Stupid
Inferior
Isolated
Apathetic
Sleepy

Adapted from *The Feeling Wheel* Created by Dr. Gloria Wilcox

