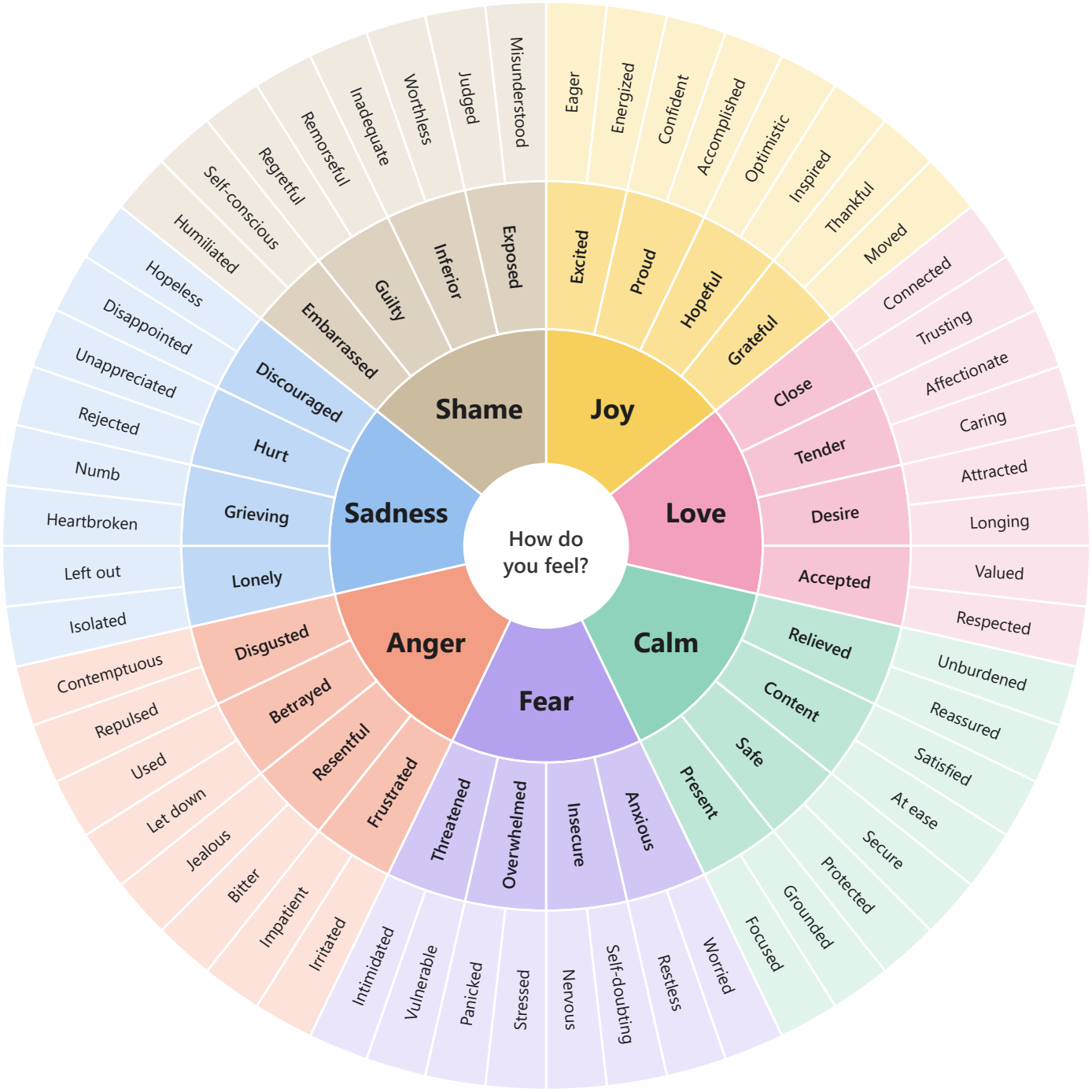
Feelings Wheel: find the word for what you feel



Start in the center with the broad feeling, move outward to the most precise word. Free to print and share: iiwiars.com/feelings-wheel

The feelings on the wheel

Joy

Excited: eager, energized
Proud: confident, accomplished
Hopeful: optimistic, inspired
Grateful: thankful, moved

Anger

Frustrated: irritated, impatient
Resentful: bitter, jealous
Betrayed: let down, used
Disgusted: repulsed, contemptuous

Love

Close: connected, trusting
Tender: affectionate, caring
Desire: attracted, longing
Accepted: valued, respected

Sadness

Lonely: isolated, left out
Grieving: heartbroken, numb
Hurt: rejected, unappreciated
Discouraged: disappointed, hopeless

Calm

Relieved: unburdened, reassured
Content: satisfied, at ease
Safe: secure, protected
Present: grounded, focused

Shame

Embarrassed: humiliated, self-conscious
Guilty: regretful, remorseful
Inferior: inadequate, worthless
Exposed: judged, misunderstood

Fear

Anxious: worried, restless
Insecure: self-doubting, nervous
Overwhelmed: stressed, panicked
Threatened: vulnerable, intimidated

How to use it

1. Start in the middle: pick the broad feeling that is closest, even roughly.
2. Move outward to the nuance, then to the precise word that fits best.
3. Check your body: where do you feel it, and does the word match?
4. Use the word: say it, write it, or tell the story to someone you trust.

Feelings Wheel by IIWIARS, free to print and share. Definitions and stories for every feeling: iiwiars.com/feelings-wheel