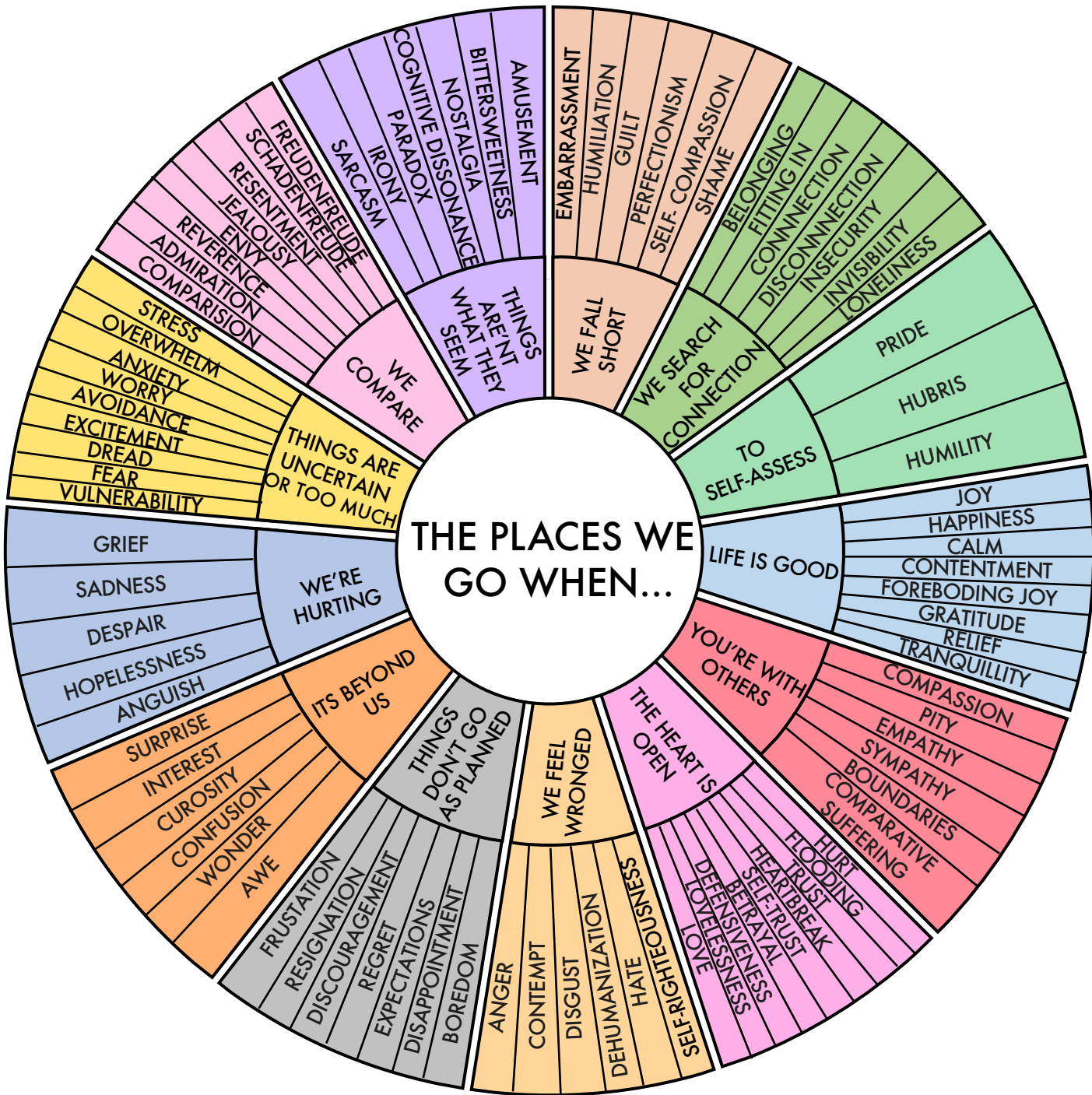
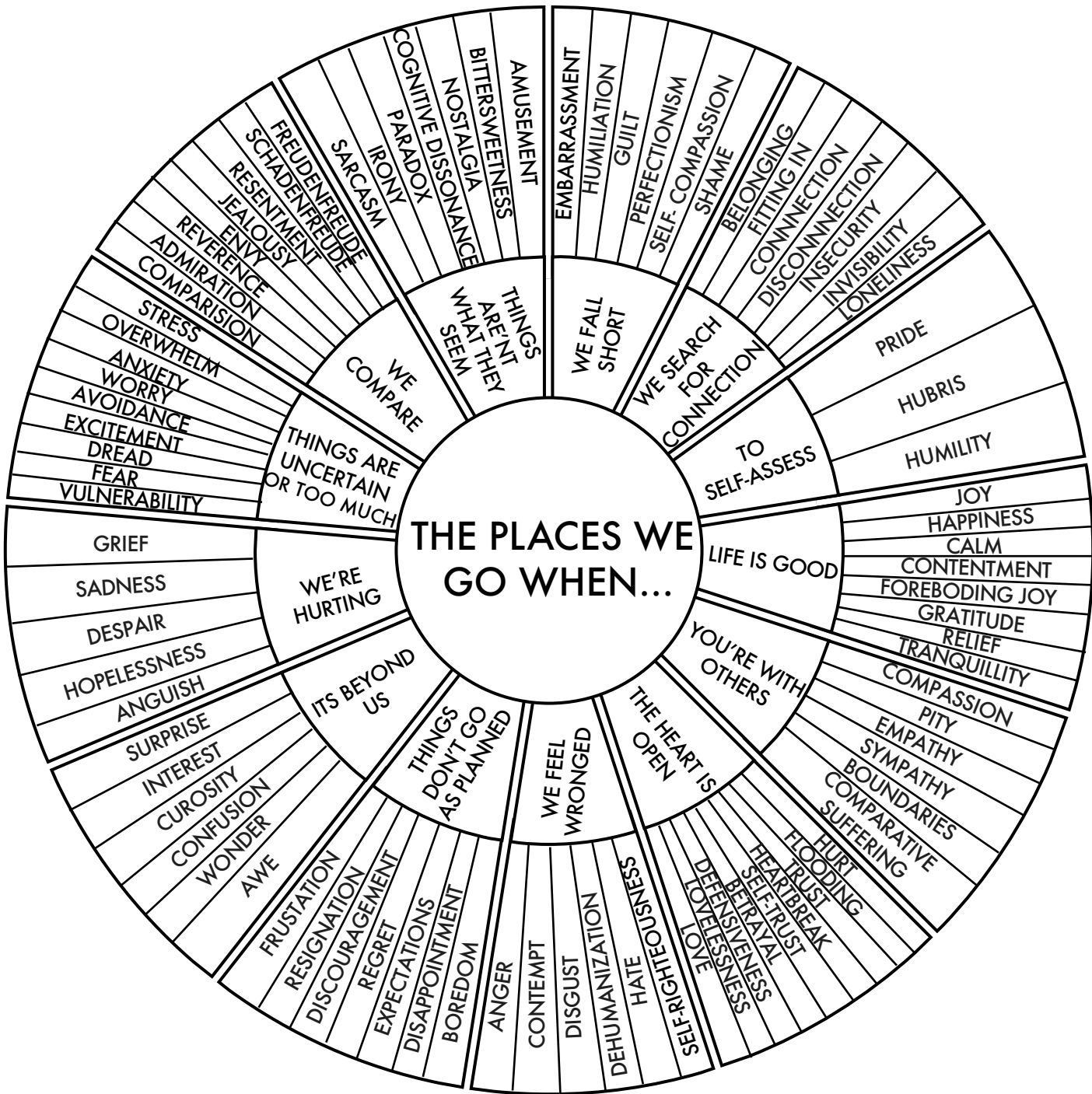


THE EMOTIONS WHEEL



THE EMOTIONS WHEEL



THE PLACES WE GO WHEN...

WE SEARCH
FOR CONNECTION

BELONGING
FITTING IN
CONNECTION
DISCONNECTION
INSECURITY
INVISIBILITY
LONELINESS

YOU'RE WITH OTHERS

COMPASSION
PITY
EMPATHY
SYMPATHY
BOUNDARIES
COMPARITIVE SUFFERING

WE FEEL WRONGED

ANGER
CONTEMPT
DISGUST
DEHUMANIZATION
HATE
SELF-RIGHTEOUSNESS

THINGS ARE
UNCERTAIN
OR TOO MUCH
STRESS
OVERWHELM
ANXIETY
WORRY
AVOIDANCE
EXCITEMENT
DREAD
FEAR
VULNERABILITY

WE COMPARE

FREUDENFREUDE
SCHADENFREUDE
RESENTMENT
JEALOUSLY
ENVY
REVERENCE
ADMIRATION
COMPARISION

TO SELF-ASSESS

PRIDE
HUBRIS
HUMILITY

LIFE IS GOOD

JOY
HAPPINESS
CALM
CONTENTMENT
FOREBORDING JOY
GRATITUDE
RELIEF
TRANQUILLITY

THINGS DON'T
GO AS PLANNED

FRUSTRATION
RESIGNATION
DISCOURAGEMENT
REGRET
EXPECTATIONS
DISAPPOINTMENT
BOREDOM

THINGS ARE'NT
WHAT THEY SEEM

AMUSEMENT
BITTERSWEETNESS
NOSTALGIA
COGNITIVE -
DISSONANCE
PARADOX
IRONY
SARCASM

THE HEART
IS OPEN

HURT
FLOODING
TRUST
HEARTBREAK
SELF-TRUST
BETRAYAL
DEFENSIVENESS
LOVELESSNESS
LOVE

ITS BEYOND US

SURPRISE
INTEREST
CUROSITY
CONFUSION
WONDER
AWE

WE'RE HURTING

GRIEF
SADNESS
DESPAIR
HOPELESSNESS
ANGUISH

WE FALL SHORT

EMBARRASSMENT
HUMILIATION
GUILT
PERFECTIONISM
SELF-COMPASSION
SHAME