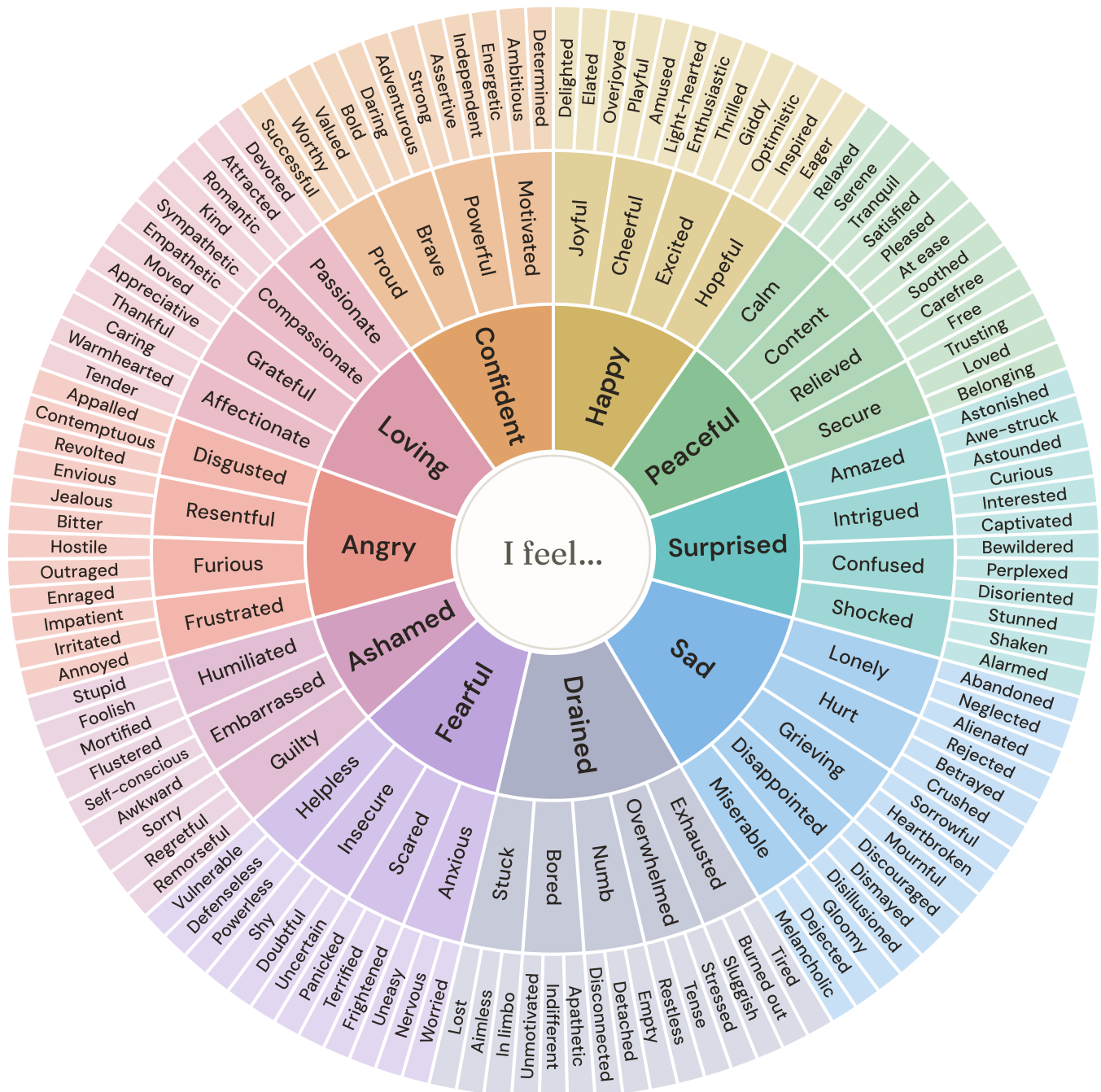




Feelings Wheel

Start in the middle with the closest word, then move outward until one fits.



Scan for the interactive wheel

Every word on it has its own page: what the feeling is, how it shows up in the body, and what tends to set it off.

iamfeelingguide.com/feelings-wheel

Free to print and share.
Please keep the FeelingGuide name on it.

Feelings chart: every word on the wheel

Happy

Joyful Delighted Elated Overjoyed

Cheerful Playful Amused

Light-hearted

Excited Enthusiastic Thrilled Giddy

Hopeful Optimistic Inspired Eager

Peaceful

Calm Relaxed Serene Tranquil

Content Satisfied Pleased At ease

Relieved Soothed Carefree Free

Secure Trusting Loved Belonging

Surprised

Amazed Astonished Awe-struck
Astounded

Intrigued Curious Interested
Captivated

Confused Bewildered Perplexed
Disoriented

Shocked Stunned Shaken Alarmed

Sad

Lonely Abandoned Neglected
Alienated

Hurt Rejected Betrayed Crushed

Grieving Sorrowful Heartbroken
Mournful

Disappointed Discouraged
Dismayed Disillusioned

Miserable Gloomy Dejected
Melancholic

Drained

Exhausted Tired Burned out
Sluggish

Overwhelmed Stressed Tense
Restless

Numb Empty Detached
Disconnected

Bored Apathetic Indifferent
Unmotivated

Stuck In limbo Aimless Lost

Fearful

Anxious Worried Nervous Uneasy

Scared Frightened Terrified
Panicked

Insecure Uncertain Doubtful Shy

Helpless Powerless Defenseless
Vulnerable

Ashamed

Guilty Remorseful Regretful Sorry

Embarrassed Awkward

Self-conscious Flustered

Humiliated Mortified Foolish Stupid

Angry

Frustrated Annoyed Irritated
Impatient

Furious Enraged Outraged Hostile

Resentful Bitter Jealous Envious

Disgusted Revolted Contemptuous
Appalled

Loving

Affectionate Tender Warmhearted
Caring

Grateful Thankful Appreciative
Moved

Compassionate Empathetic
Sympathetic Kind

Passionate Romantic Attracted
Devoted

Confident

Proud Successful Worthy Valued

Brave Bold Daring Adventurous

Powerful Strong Assertive
Independent

Motivated Energetic Ambitious
Determined