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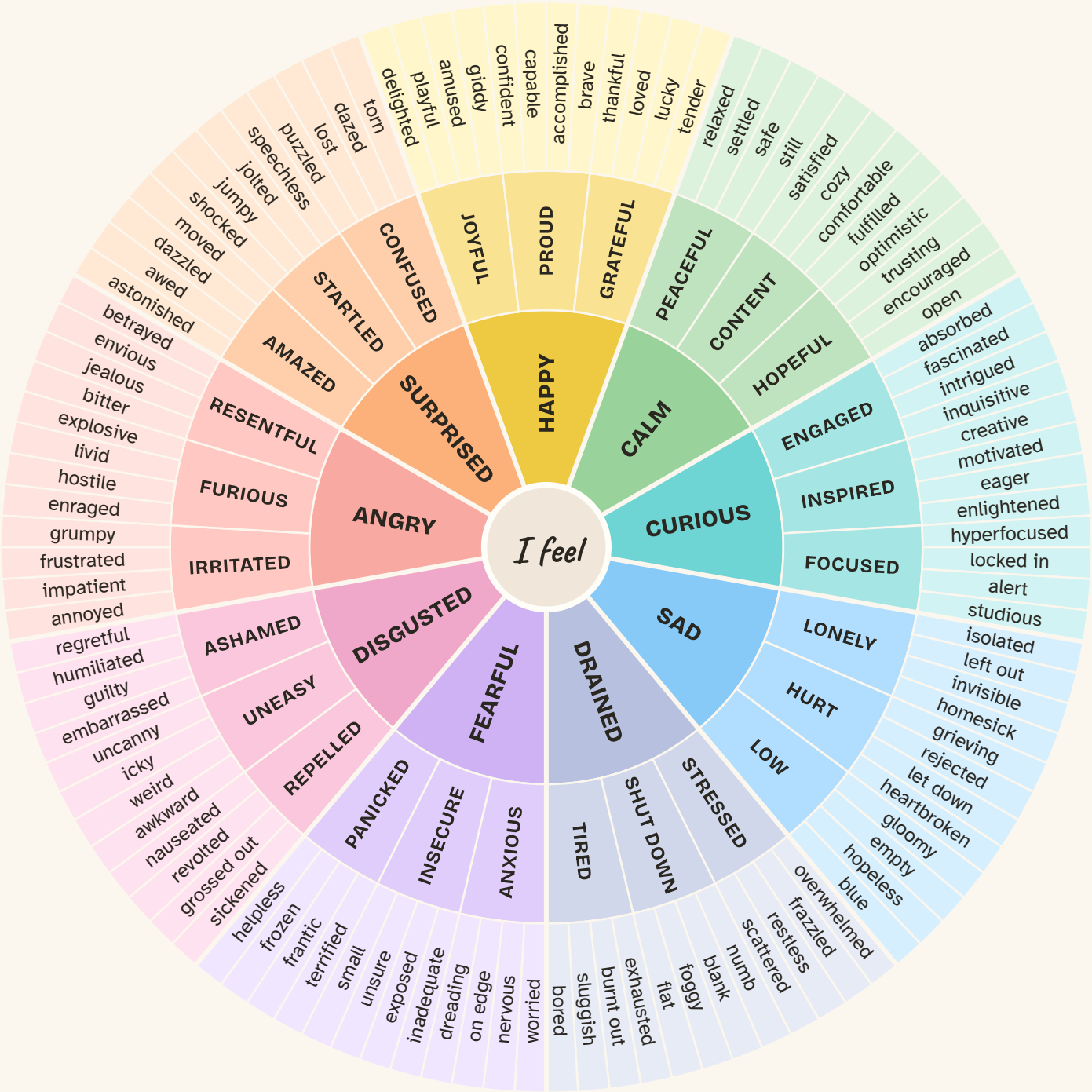
The Emotion Wheel

Start in the middle. Move outward until a word fits. The outer ring is where the useful words live.



Built on Gloria Willcox's Feeling Wheel (1982). We added Calm and Drained, because shutdown is a feeling too.

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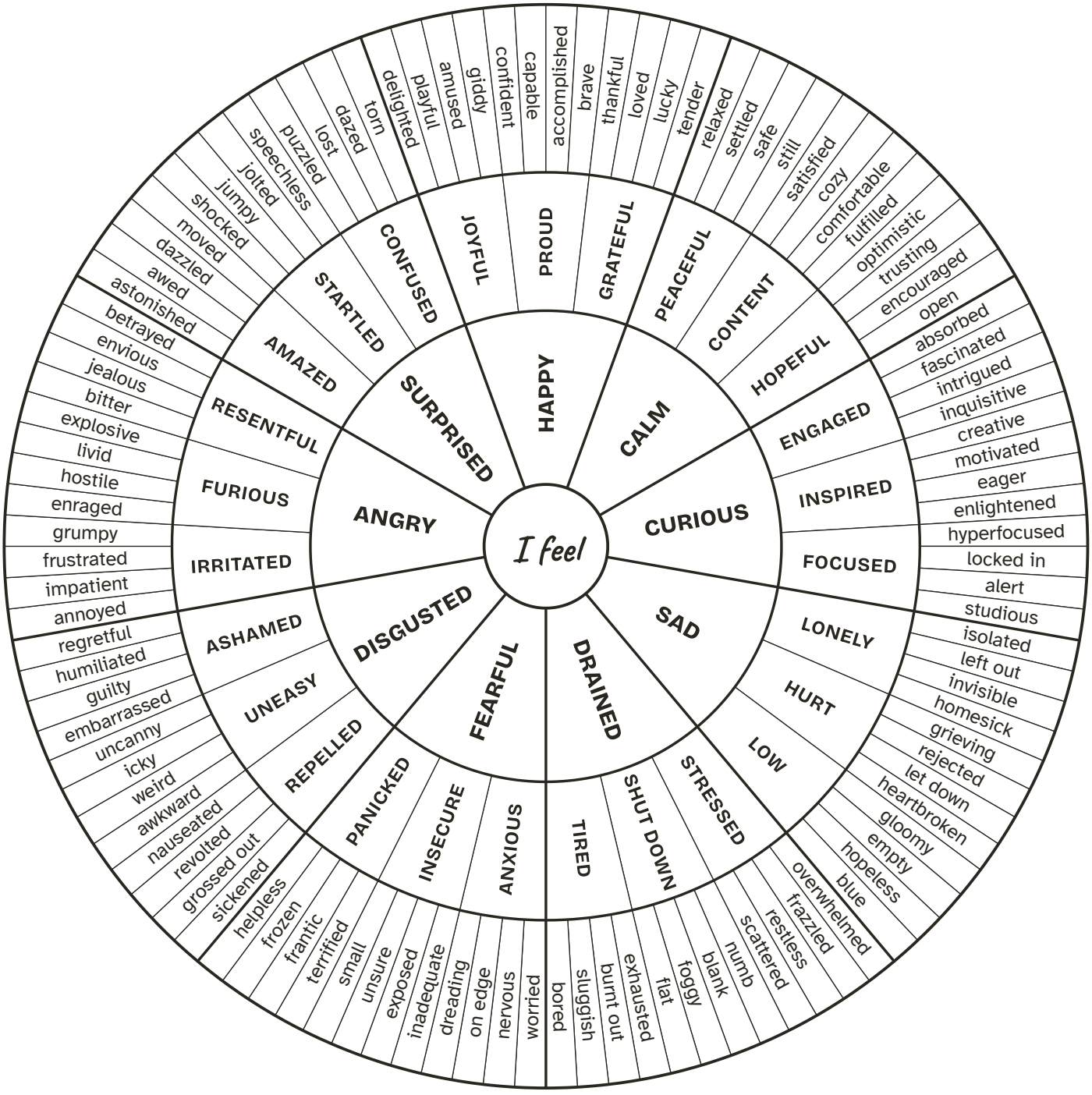
The Emotion Wheel

Color how you feel right now, or how this week felt. One day can take many colors.



Date

Strongest word

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