

Developed by Dr. Gloria Willcox

This circular diagram illustrates 48 emotions, organized into four main categories: Happy, Sad, Angry, and Fearful. Each category is represented by a central label and a ring of 12 related emotions.

- Happy:**
 - Surprised
 - Stressed
 - Tired
 - Overwhelmed
 - Rushed
 - Pressured
 - Apathetic
 - Indifferent
 - Helpless
 - Frightened
 - Overwhelmed
 - Worried
 - Inadequate
 - Inferior
 - Worthless
 - Insignificant
 - Excluded
 - Persecuted
 - Nervous
 - Exposed
 - Betrayed
 - Disrespected
 - Ridiculed
 - Indignant
 - Violated
 - Furious
 - Jealous
 - Provoked
 - Hostile
 - Infuriated
 - Annoyed
 - Withdrawn
 - Numb
 - Skeptical
 - Dismissive
 - Judgmental
 - Embarrassed
 - Appalled
 - Revolted
 - Nauseated
 - Detestable
 - Horried
 - Hesitant
 - Embarrassed
 - Disappointed
 - Inferior
 - Empty
 - Remorseful
 - Ashamed
 - Powerless
 - Grief
 - Fragile
 - Victimized
 - Abandoned
 - Isolated
 - Inspired
 - Hopeful
 - Intimate
 - Sensitive
 - Thankful
 - Loving
 - Creative
 - Courageous
 - Valued
 - Respected
 - Confident
 - Successful
 - Inquisitive
 - Curious
 - Joyful
 - Free
 - Cheeky
 - Aroused
 - Energetic
 - Eager
 - Awe
 - Astonished
 - Perplexed
 - Disillusioned
 - Stocked
 - Unfocused
 - Sleepy
 - Out of control
 - Overwhelmed
- Sad:**
 - Lonely
 - Vulnerable
 - Despair
 - Guilt
 - Depressed
 - Hurt
 - Repelled
 - Awful
 - Disapproving
 - Disappointed
 - Critical
 - Distant
 - Frustrated
 - Aggressive
 - Mad
 - Bitter
 - Humiliated
 - Let down
 - Threatened
 - Rejected
 - Weak
 - Insecure
 - Anxious
 - Scared
 - Bored
 - Busy
 - Stressed
 - Tired
 - Overwhelmed
 - Rushed
 - Pressured
 - Apathetic
 - Indifferent
 - Helpless
 - Frightened
 - Overwhelmed
 - Worried
 - Inadequate
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 - Perplexed
 - Disillusioned
 - Stocked
 - Unfocused
 - Sleepy
 - Out of control
 - Overwhelmed
- Angry:**
 - Lonely
 - Vulnerable
 - Despair
 - Guilt
 - Depressed
 - Hurt
 - Repelled
 - Awful
 - Disapproving
 - Disappointed
 - Critical
 - Distant
 - Frustrated
 - Aggressive
 - Mad
 - Bitter
 - Humiliated
 - Let down
 - Threatened
 - Rejected
 - Weak
 - Insecure
 - Anxious
 - Scared
 - Bored
 - Busy
 - Stressed
 - Tired
 - Overwhelmed
 - Rushed
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 - Disillusioned
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 - Sleepy
 - Out of control
 - Overwhelmed
- Fearful:**
 - Lonely
 - Vulnerable
 - Despair
 - Guilt
 - Depressed
 - Hurt
 - Repelled
 - Awful
 - Disapproving
 - Disappointed
 - Critical
 - Distant
 - Frustrated
 - Aggressive
 - Mad
 - Bitter
 - Humiliated
 - Let down
 - Threatened
 - Rejected
 - Weak
 - Insecure
 - Anxious
 - Scared
 - Bored
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 - Stressed
 - Tired
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