

Top tip - Keep this near you so when you are experiencing emotions you are better able to name them.

This circular diagram illustrates 100 emotions, organized into five main categories, each represented by a different color. The emotions are arranged in concentric rings, with the main category in the center and specific emotions in the outer rings.

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 - Withdrawn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