The feelings wheel

From four basic feelings to precise shades — so you find the right word.

> A more precise word isn't cosmetic: naming a feeling alone lowers the intensity of the bodily response. With the right word, something in the body usually loosens or sharpens — **that is the confirmation**.

The shades

1. **Anger:** irritation · indignation · resentment · annoyance · rage · jealousy · envy · contempt
2. **Fear:** anxiety · uncertainty · worry · unease · panic · dread · shame · embarrassment
3. **Sadness:** melancholy · disappointment · despair · loneliness · emptiness · longing · guilt · regret
4. **Joy:** contentment · relief · gratitude · excitement · pride · tenderness · hope · peace

My entries

DATE	WHERE IN THE BODY	BASIC FEELING	PRECISE SHADE	WHAT IT IS ADDRESSED TO

What I notice

Which feeling is hardest for me to name?

Which one most often hides behind another?