

I'm human





The Emotion Wheel is a diagram that describes emotions using different dimensions, helping individuals identify and understand their feelings at any given time. Created by Robert Plutchik in 1980, it expanded on previous theories of emotion, proposing eight primary emotions: Joy, Sadness, Fear, Anger, Anticipation, Surprise, Disgust, and Trust. Each emotion has a polar opposite, like Joy (satisfaction) and Sadness (pensiveness). The wheel also shows combinations of emotions, such as optimism (Anticipation & Joy) or contempt (Disgust & Anger). Plutchik's model includes degrees within each emotion spectrum, ranging from mild to intense feelings. To better understand emotions, this article will explore each subcategory, naming and describing associated emotions to help individuals recognize them in themselves. Feeling positive, upbeat, or excited is a good thing. It's like being in a lighter place where you feel happy. There are many types of feelings like this. There's excitement when something is coming and it's going to be fun. Then there's jubilation which is like extreme happiness. You might feel this way after winning something or achieving something big. You can also feel gratification when your wish comes true. It's a good feeling that makes you happy and satisfied. Or, you might feel hopeful about the future and it makes you feel joyful. Some people get thrill from doing things they love. Then there's triumph which is feeling great after winning or achieving something big. Optimism is when you always think everything will be okay. You can also feel ecstatic which is like being in a state of joy that takes your breath away. Sometimes, it's funny and that's amusement. But sometimes, people feel relieved when they're worried or scared. It's also possible to feel enthusiastic about things. Pride comes from doing something great by yourself or with friends. Feeling sad is different. It's like a heavy feeling that comes from losing something or someone you love. There are many types of sadness, including sorrow, disappointment, despair, and grief. You can even feel ashamed if you did something wrong. Sometimes, people feel lonely which means they don't have anyone to talk to. Others might feel melancholy which is just a feeling of sadness without any reason. Fear, anxiety, and emotional responses can be complex and varied, encompassing a range of intense emotions from apprehension to rage. What is coming? This can evoke different emotions, such as yearning for the unknown, anxiety about future events, or curiosity about what's to come. Surprise is a powerful emotional response that can arise from unexpected events, leaving us stunned or delighted. Surprise comes in many forms - we might be astonished by something incredible, shocked by something disturbing, or left feeling bewildered and confused. Sometimes surprise can even leave us speechless or disoriented. On the other hand, some people experience elation when faced with a positive surprise, while others feel dismay at unexpected news. Disgust is another strong emotion that acts as a protective mechanism against unpleasant stimuli, triggering rejection or avoidance of harmful situations or substances. It can range from mild distaste to intense revulsion and disgust. On the other hand, trust is a positive emotional state built on reliance on someone's integrity or character. It fosters cooperation in relationships and societal structures by encouraging mutual support and belief in one another's reliability. This confidence can take many forms, from faith in a person or concept to dependence on their ability or assurance of their actions. Emotions serve as navigational tools to help us handle various situations and ensure our survival. According to Plutchik's Psychoevolutionary Theory, each emotion corresponds to a specific survival mechanism. When we encounter a threat or stimulus, our mind processes the situation, leading to an inferred cognition such as "danger," which then triggers an emotional response like fear. This sequence enables us to respond appropriately, whether it's fighting off the threat or fleeing the situation. The purpose of these mechanisms is not merely to manage emotions but also to guarantee survival through protection from harm. Emotions play a crucial role in helping us deal with everyday challenges and threats that may seem minor compared to those faced by our ancestors. However, they can still trigger strong emotional responses. For instance, getting a poor grade on a test or facing job rejection might elicit fear or anxiety, prompting our body's fight-or-flight response. By understanding the origins of these emotions, we can learn to manage them effectively and avoid engaging in inappropriate survival mechanisms. Identifying our emotions is key to understanding how they impact our behavior. This knowledge allows us to assess when it's necessary to take action to resolve a situation or make appropriate decisions without letting fear or anxiety dominate our actions. Understanding emotions is not straightforward, but it plays a vital role in grasping human thought processes and behavior patterns. Cognitive theories vary widely regarding the connection between emotion and cognitive functions, so psychologists aim to comprehend how emotions influence our actions and attitudes. With tools like The Emotion Wheel, individuals can assign words to their feelings, enhancing emotional awareness. To better identify and manage emotions, consider the following strategies: 1. Silence and self-reflection: Sit in a quiet space, observing your body and mind. If using guided meditations on apps like Insight Timer, follow the instructions. 2. Body scan: Identify areas of tension within your body. Be honest about your thoughts; are they positive or negative? 3. Journaling: Record daily events and their associated emotions over a period of time (5-10 minutes). Referencing The Emotion Wheel can help pinpoint specific feelings like anxiety, contentment, or embarrassment. 4. Acknowledge all emotions: Understand that experiencing shame, sadness, or disappointment is normal. Admitting these feelings allows for better management. 5. Emotional intelligence (EQ): Develop the ability to recognize and use emotions effectively by managing impulses, adapting to situations, communicating goals clearly, remaining calm in challenging environments, identifying strengths and weaknesses, and understanding emotional triggers. For instance, Darren was struggling with stress due to personal concerns. He found solace in understanding his emotions using The Emotion Wheel and guided meditation, which helped him manage his feelings more effectively. Darren experiences a tight chest and rapid thoughts after meditation, prompting him to research his symptoms. He discovers anxiety, a new emotion for him, and turns to the Emotion Wheel for guidance. Identifying "fearful" as an encompassing emotion within "anxious," Darren ponders what he might be afraid of, considering personal concerns like family health issues. Reflecting on outermost circles, he finds "overwhelmed" and "worried" emotions resonate with his feelings. By acknowledging his workload and lack of self-care time, Darren seeks solutions to alleviate overwhelm. He shares his struggles with a friend, and through this process, becomes more aware of his emotional needs. As he improves his emotional intelligence, Darren also benefits from recognizing how it can mitigate acting out due to emotions.

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