



ACTIVITY

The diagram illustrates 48 emotions organized into four primary categories, each represented by a colored wedge. The emotions are listed in concentric rings, with the innermost ring representing the primary emotion and the outer rings showing related or secondary emotions.

- Angry (Red):** Angry, Frustrated, Bitter, Humiliated, Hurt, Guilty, Despair, Vulnerable.
- Sad (Blue):** Sad, Lonely, Abandoned, Victimised, Fragile, Grief, Powerless, Remorseful, Ashamed, Wounded, Disappointed, Disrespected.
- Happy (Yellow):** Happy, Proud, Excited, Powerful, Lively, Creative, Energetic, Eager, Confident, Successful, Thankful, Loved.
- Fearful (Purple):** Fearful, Threatened, Repelled, Awful, Disenchanted, Disapproving, Startled, Dismayed, Shocked, Embarrassed, Judgemental, Revolted.

Additional emotions listed in the outer rings include: Numb, Withdrawn, Dismissive, Sceptical, Annoyed, Infuriated, Violated, Indignant, Ridiculed, Disrespected, Wounded, Ashamed, Remorseful, Powerless, Grief, Fragile, Victimised, Abandoned, Lonely, Lively, Creative, Energetic, Eager, Confident, Successful, Thankful, Loved, Inspired, Hopeful, Optimistic, Disgusted, Disenchanted, Disapproving, Startled, Dismayed, Shocked, Embarrassed, Judgemental, Revolted, Appalled, Detestable, Nauseated, Hesitant, Horrified, Exposed, Nervous, Persecuted, Excluded, Insignificant, Worthless, Inferior, Inadequate, Worried, Overwhelmed, Numb, Withdrawn, Dismissive, Sceptical, Annoyed, Infuriated, Violated, Indignant, Ridiculed, Disrespected, Wounded, Ashamed, Remorseful, Powerless, Grief, Fragile, Victimised, Abandoned, Lonely, Lively, Creative, Energetic, Eager, Confident, Successful, Thankful, Loved, Inspired, Hopeful, Optimistic, Disgusted, Disenchanted, Disapproving, Startled, Dismayed, Shocked, Embarrassed, Judgemental, Revolted, Appalled, Detestable, Nauseated, Hesitant, Horrified, Exposed, Nervous, Persecuted, Excluded, Insignificant, Worthless, Inferior, Inadequate, Worried, Overwhelmed.



Make a playlist for different feelings - a go-to for when you want to feel understood, express yourself, or shift your mood. **Follow this self-regulation playlist guide.**



Free Your Feels offers resources on mental health and experiences that impact young people. Explore updated toolkits, one-page guides, and more at [**freeyourfeels.org**](https://freeyourfeels.org).