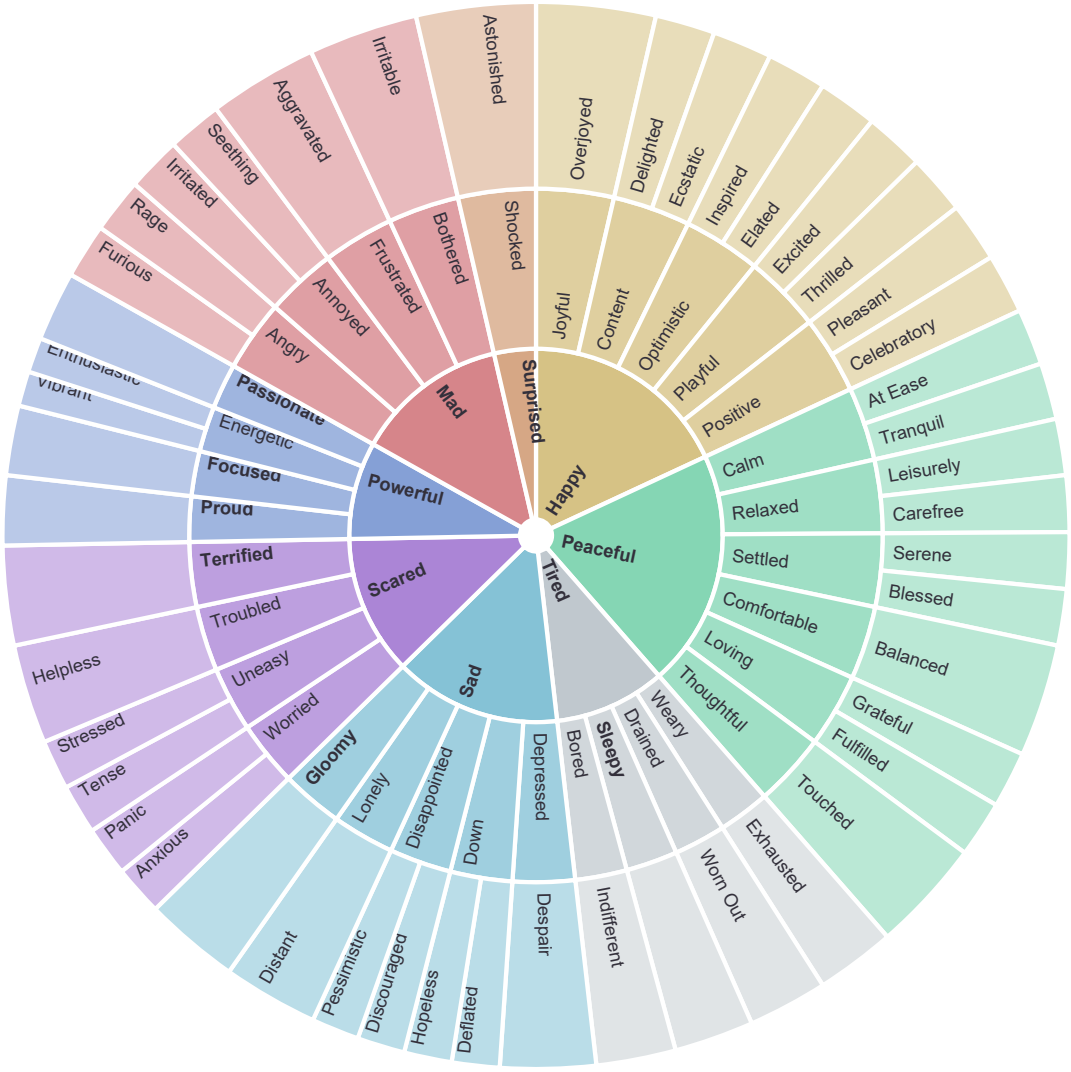
Emotion Wheel

8 core emotion families · 83 feeling words · inner = core feeling, outer = strongest form



Find the interactive version: kuakua.tech/tools/emotion-wheel

Free for personal, classroom and therapy use. For self-reflection only — not a diagnostic tool.