Higher Purpose

Helpless

Guilty

Primary and Secondary Emotions Wheel

What is going on?

Caryl Ward LCMHC, CFLE ©

Shocked Excited

Gratitude Dismayed

Astonishment Confused

Loved

Motivated

Safe Joy

 Peace

Balanced Joy

Respected

Flooded

Uneasy

pPowerless

Weak

Understood

Worth

Overwhelmed

Hurt

Creative

Trauma

Loss

Grief

Inadequate

Annoyed

Outraged

Flustered

Amazement

Delight

Wonderment

Lonely

Stuffed

Jealous

Resentment

Frustrated

Betrayed

Embarrassed

Insecure

Vulnerable 

Guilt

Hurt

Being Caught

Powerless

Disapproved

Disappointment

Degraded

Dishonor

Stuck

Overwhelmed

Insecure

Ugly

Regretful

Humiliation

 Worthlessness

Embarrassment

Bored

Raw

Ashamed

Discouraged

Despair

Gloom

 Hopelessness

Guilty

Inadequate

Heartbroken

Distress

Lonely

Worthless

Cautious

Discouraged

Frightened

Rejected

Nervous

Shocked

Terrified

Insecure

Embarrassed

Horrified

Anxious

Worried

Invisible

Helpful

Panicked

Fearful

Peaceful

Surprised

Insightful

Comfortable

Trustful

Grounded

Grateful

Content

Safe

Valuable

Confident

Appreciated

Respected

Worthwhile

Wanted

Trusted

Confident

Appreciated

Inspired

Free

Hopeful

Capable

 Delight

Content

Relieved

Mad

Shame

Happy

Scared

Sad