



Wheel of emotions

Plutchik's wheel of emotions identifies 8 basic emotions including joy, trust, fear, surprise, disgust, anger, and anticipation. Combinations of these basic emotions result in advanced emotions, such as optimism, love, submission, awe, disappointment, remorse, contempt, and aggression. This Wheel of Emotions diagram beautifully depicts the relationships between each emotion in the form of a spectrum.

Module	Submodules	Group size	Duration
• Awareness	• Emotions	• Individual • Small group	• 15 min

Keywords

wheel of emotions, basic emotions

Aims

To use this worksheet with clients who have a hard time picking out the right word to describe how they feel. Even if the word they want isn't on the spectrum, they might be able to point out what it's near.

Participants

1 -10 persons

Description

Plutchik's wheel of emotions beautifully depicts the relationships between each emotion in the form of a spectrum.

Material

Plutchik's wheel of emotions

Method

30 to 60 minutes session with clients who have difficulties to recognize and describe how they feel. Even if the word they want isn't on the spectrum, they might be able to point out what it's near.

Advice for Facilitators

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Source (APA)

Therapist Aid. (2015, n.d.). *Wheel of emotions*. Retrieved from <https://www.therapistaid.com/therapy-worksheet/wheel-of-emotions/emotions/adults>

Handouts

Plutchik's wheel of emotions. You may download the handout from [here](#).

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Wheel of emotions. Retrieved Friday May 15, 2026, from :
<https://onlinematerial.posttraumatic-integration.eu/courses/PTIP115/>

Co-funded by the
Erasmus+ Programme
of the European Union



The European Commission support for the production of this publication does not constitute an endorsement of the contents which reflects the views only of the authors, and the Commission cannot be held responsible for any use which may be made of the information contained therein

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