



## 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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