How are you feeling?

Happy	Embarrassed	Annoyed
Hurt	Angry	Confused
Disgust	Excited	Interested
Proud	Sad	Scared
Shocked	Shy	Tired
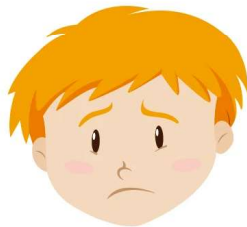
Mama SYSTEMS

The Feelings Wheel

Fearful
- Scared
- Anxious
- Insecure
- Weak
- Rejected
- Threatened

Scared / Fearful outer ring
- Helpless
- Frightened
- Overwhelmed
- Worried
- Inadequate
- Inferior
- Worthless
- Insignificant
- Excluded
- Persecuted
- Nervous
- Exposed

Angry
- Let down
- Humiliated
- Bitter
- Mad
- Aggressive
- Frustrated
- Distant
- Critical

Angry outer ring
- Betrayed
- Resentful
- Disrespected
- Ridiculed
- Indignant
- Violated
- Furious
- Jealous
- Provoked
- Hostile
- Infuriated
- Annoyed
- Withdrawn
- Numb
- Skeptical
- Dismissive

Disgusted
- Disapproving
- Disappointed
- Awful
- Repelled

Disgusted outer ring
- Judgmental
- Embarrassed
- Appalled
- Revolted
- Nauseated
- Detestable
- Horrified
- Hesitant

Sad
- Lonely
- Vulnerable
- Despair
- Guilty
- Depressed
- Hurt

Sad outer ring
- Isolated
- Abandoned
- Victimized
- Fragile
- Grief
- Powerless
- Ashamed
- Remorseful
- Empty
- Inferior
- Disappointed
- Embarrassed

Happy
- Optimistic
- Trusting
- Peaceful
- Powerful
- Accepted
- Proud
- Interested
- Content
- Playful

Happy outer ring
- Inspired
- Hopeful
- Intimate
- Sensitive
- Thankful
- Loving
- Creative
- Courageous
- Valued
- Respected
- Confident
- Successful
- Inquisitive
- Curious
- Joyful
- Free
- Cheeky
- Aroused
- Energetic

Surprised
- Excited
- Amazed
- Confused
- Startled

Surprised outer ring
- Eager
- Awe
- Astonished
- Perplexed
- Disillusioned
- Dismayed
- Shocked

Bad
- Bored
- Busy
- Stressed
- Tired

Bad outer ring
- Unfocussed
- Sleepy
- Out of control
- Overwhelmed
- Rushed
- Pressured
- Apathetic
- Indifferent