

## Primary Emotions (Circle's Core)

- Joy
- Sadness
- Anger
- Fear
- Surprise
- Disgust

## Secondary Emotions (Middle Ring)

### Joy:

- Content
- Happy
- Proud
- Cheerful
- Optimistic
- Enthusiastic

### Sadness:

- Lonely
- Depressed
- Despair
- Neglected
- Gloomy
- Disappointed

### Anger:

- Hurt
- Hostile
- Angry
- Hateful
- Critical
- Aggressive

### Fear:

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

### Surprise:

- Startled

- Confused
- Amazed
- Excited

#### Disgust:

- Disapproving
- Disappointed
- Awful
- Repelled

### Tertiary Emotions (Outer Ring)

#### Joy:

- Content: Free, Joyful
- Happy: Playful, Content
- Proud: Successful, Confident
- Cheerful: Amused, Delighted
- Optimistic: Hopeful, Eager
- Enthusiastic: Energetic, Excited

#### Sadness:

- Lonely: Isolated, Abandoned
- Depressed: Inferior, Empty
- Despair: Grief, Powerless
- Neglected: Ignored, Victimized
- Gloomy: Pessimistic, Unhappy
- Disappointed: Dismayed, Displeased

#### Anger:

- Hurt: Embarrassed, Devastated
- Hostile: Jealous, Resentful
- Angry: Mad, Furious
- Hateful: Vengeful, Disgusted
- Critical: Skeptical, Dismissive
- Aggressive: Provoked, Frustrated

#### Fear:

- Scared: Helpless, Frightened
- Anxious: Overwhelmed, Worried
- Insecure: Inferior, Inadequate
- Weak: Worthless, Insignificant
- Rejected: Alienated, Inadequate
- Threatened: Exposed, Nervous

#### Surprise:

- Startled: Shocked, Dismayed

- Confused: Disillusioned, Perplexed
- Amazed: Astonished, Awe
- Excited: Eager, Enthusiastic

#### Disgust:

- Disapproving: Judgmental, Critical
- Disappointed: Appalled, Revolted
- Awful: Horrified, Nauseated
- Repelled: Sickened, Disgusted