Wheel Of Emotions

Surprise: Confused, Anxious, Perplexed, Dismayed, Disappointed, Excited, Shocked, Disbelief

Anger: Disappointed, Sad, Frustrated, Resentful, Bitter, Jealous, Provoked, Vengeful

Sadness: Grief, Hopeless, Abandoned, Scornful, Disappointed, Helpless, Despair, Despondent

Joy: Excited, Relieved, Blissful, Proud, Peaceful, Hopeful, Confident, Pleased

Fear: Vulnerable, Isolated, Abandoned, Insecure, Weak, Exposed, Anxious, Threatened

Shame: Disgust, Guilt, Embarrassed, Scorned, Rejected, Disrespected, Unloveable, Violated