

Plutchik's Wheel of Emotion

The Emotion Wheel is a visualization of the complexity of emotions and aids emotional identification. The Emotion Wheel can be used as a tool for labelling, self-awareness, emotional regulation and literacy, communication, and understanding others. Emotions further from the center represent milder intensity. Emotions that are close are more similar than those farther apart. The words outside of the slices are common blends of emotion.

