

The Feelings Wheel

	Out of control Sleepy Out of control Sleepy Out of control	Apathetic Apathetic Pressured Rushed Rushelmed	Helpless Frightened Overwhelmed Worried Inadequate	/ `	
Astonish Awe Eager Energetic Aroused Cheeky Free	Misioned (etechnical states)	B	Scared Scared Anxious Insecure	646, Weing	psed etrayed pisrespected Disrespected Ridiculed Indignant Violated Furious
Joyful Curious Inquisitive Successful	Interested Proud Accepted	Surprised &	Angry	Mad Aggressive Frustrated Distant	Jealous Provoked Hostile Infuriated Anno
Respected Valued Valued Courageous Creative	Ped History Neuritary Petricular Petric	Vulnerat	Depressed Depressed	Tales Office	Numb Sceptical Dismissive
	4	Fragile Grief Powerless Ashamed	Embarrasseo Embarrasseo Inferior Empty Remorseful	Homitied desirant Hesitant	



