

Building your emotional vocabulary

Having accurate names for our feelings helps us to manage their intensity and keep them in their proper perspective. The “Wheel of Emotions” (Plutchik, 1982) is a helpful tool in this regard. As you study the main wheel and the other diagrams, ask yourself the following questions:

- What does it take for an emotion to become more or less intense for you?
- On what basis do you think “opposite” emotions oppose one another?
- How do you suppose primary emotions combine to form compounds?



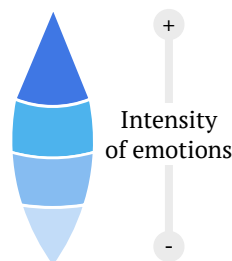
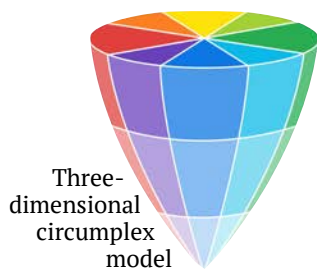
Primary Emotions



Opposite Emotions



Compound Emotions



Opposite Primary Emotions

