

* There are many different versions of the emotion wheel.
* This one shows the primary core emotions in the centre, these are the most intense form of the emotion.
* Radiating out are the emotions linked to the core emotions, they lessen in intensity as they reach the outer sections of the wheel.
* Opposite emotions sit across from each other.
* Reflect on your own emotions, which do you find most difficult to experience?
* Which ones would you like to feel more of?