

Caregiver Mindfulness

Identifying Emotions

Plutchik's Wheel of Emotions

The eight sectors are designed to indicate that there are eight primary emotion dimensions. They are anger, anticipation, joy, trust, fear, surprise, sadness and disgust.

Think about a challenging experience and describe your emotions before, during and after. You can share this with a peer if you want. The wheel of emotion helps to browse the various emotions, and pinpoint to ones the person is experiencing.

[Click here to download the Wheel of Emotions Worksheet](#)



The cone's vertical dimension represents intensity - emotions intensify as they move from the outside to the center of the wheel. For example, a feeling of boredom can intensify to loathing if left unchecked. If left unchecked, emotions can intensify. Each circle sector has an opposite emotion. The opposite of sadness is joy and the opposite of trust is disgust.

Anger: To fight against problems

Anticipation: To look forward and plan

Joy: To remind us what is important

Trust: To connect with people who help

Fear: To protect from danger

Surprise: To focus on new situations

Sadness: To connect us with those we love

Disgust: To reject what is unhealthy