

The diagram is a circular chart with four main sections, each representing a primary emotion. Each section contains 12 related emotions listed in a ring around the center. The emotions are as follows:

- Happy:** Content, Excited, Moved, Amazed, Confused, Perplexed, Disillusioned, Astonished, Shocked, Dismayed, Touched, Stimulated.
- Sadness:** Loved, Pleased, Suffering, Depressed, Shameful, Despair, Lonely, Bitterness, Jealous, Furious, Aggravated, Discouraged.
- Fearful:** Insecure, Anxious, Scared, Repelled, Disapproving, Disappointed, Awful, Contempt, Disdain, Detestable, Nauseated, Appalled.
- Disgust:** Horrified, Embarrassed, Revolted, Judgmental, Hesitant, Helpless, Frightened, Overwhelmed, Worried, Inadequate, Inferior, Intimidated.

Additional emotions listed in the diagram include: Eager, Energized, Peaceful, Satisfied, Hopeful, Optimistic, Enthusiastic, Sentimental, Intimate, Amused, Delighted, Hurt, Distress, Unmotivated, Empty, Regretful, Guilty, Powerless, Grief, Isolated, Abandoned, Envy, Frustrated, Humiliated, Let down, Horrified, Threatened, Exposed, Panic, Mortified, Resentful, Betrayed, Ridiculed, Annoyed, and Annoyed.