

The diagram is a circular wheel of feelings, divided into two main sections: "Feelings when your needs are not met" (left half) and "Feelings when your needs are met" (right half). Each section is further divided into eight color-coded segments, each containing a cartoon character and a list of related feelings.

Left Half: Feelings when your needs are not met

- Angry (red):** Aggravated, Upset, Resentful, Irritated, Jealous, Animosity, Enraged, Furious.
- Proud (orange):** Self-Assured, Fulfilled, Pleased, Brave, Courageous, Empowered, Effective, Delighted.
- Joyful (yellow):** Glad - Pleased, Elated, Thrilled, Enthusiastic, Passionate, Appreciation, Thankful, Absorbed.
- Intrigued (green):** Engaged, Fascinated, Entranced, Energetic, Assured, Hopeful, Secure, Confident.
- Trusting (blue):** Affectionate, Adoration, Connected, Caring, Content, Relaxed, Tranquil, Harmonious.
- Loving (purple):** Calm, Quiet, Centered, Congruous, Balanced, Flustered, Chagrined, Horrified, Mortified, Remorseful, Uncomfortable, Self-conscious, Disappointed, Discouraged, Heartbroken, Despair, Miserable, Fatigued/Tired, Hopeless, Puzzled, Confused, Stressed, Stunned, Hesitant, Preoccupied, Amazed, Shocked.
- Peaceful (red):** Terrified, Frightened, Susceptible, Helpless, Worried, Concerned, Apprehensive, Suspicious, Hateful, Scorn, Nauseous, Bored, Uninterested, Reluctant, Furious, Enraged, Animosity, Jealous, Irritated, Resentful, Upset, Aggravated.
- Ashamed (orange):** Poised, Self-Assured, Fulfilled, Pleased, Brave, Courageous, Empowered, Effective, Delighted, Glad - Pleased, Elated, Thrilled, Enthusiastic, Passionate, Appreciation, Thankful, Absorbed, Engrossed, Interested, Curious, Captivated, Mesmerized, Animated, Refreshed, Positive, Relieved, Optimistic, Expectant, Safe, Comforted, Certain, Convinced, Friendly, Fondness, Admiration, Reverence, Close, Compassionate, Tender, Satisfied, Comfortable, Serene, Calm, Quiet, Centered, Congruous, Balanced.

Right Half: Feelings when your needs are met

- Disgusted (purple):** Averse, Repulsive, Contempt, Insecure, Anxious, Vulnerable, Scared, Astonished, Distracted, Startled, Overwhelmed, Depressed, Pain & Hurt, Grief & Sorrow, Unhappy, Awkward, Guilty, Embarrassed, Humiliation.
- Afraid (blue):** Insecure, Anxious, Vulnerable, Scared, Astonished, Distracted, Startled, Overwhelmed, Depressed, Pain & Hurt, Grief & Sorrow, Unhappy, Awkward, Guilty, Embarrassed, Humiliation.
- Surprised (green):** Astonished, Distracted, Startled, Overwhelmed, Depressed, Pain & Hurt, Grief & Sorrow, Unhappy, Awkward, Guilty, Embarrassed, Humiliation.
- Sad (yellow):** Depressed, Pain & Hurt, Grief & Sorrow, Unhappy, Awkward, Guilty, Embarrassed, Humiliation.
- Unhappy (yellow):** Depressed, Pain & Hurt, Grief & Sorrow, Unhappy, Awkward, Guilty, Embarrassed, Humiliation.

Feelings are internal emotions. Words mistaken for emotions, but that are actually thoughts in the form of evaluations and judgments of others, are any words that follow "I feel like ..." or "I feel that ..." or "I feel as if ..." or "I feel you ...", such as:

Abandoned	Attacked	Abused	Betrayed	Blamed	Bullied	Cheated
Coerced	Criticized	Dismissed	Disrespected	Excluded	Ignored	Intimidated
Insulted	Let Down	Manipulated	Misunderstood	Neglected	Put down	Rejected
Unappreciated	Unloved	Unheard	Unwanted	Used	Violated	Wronged