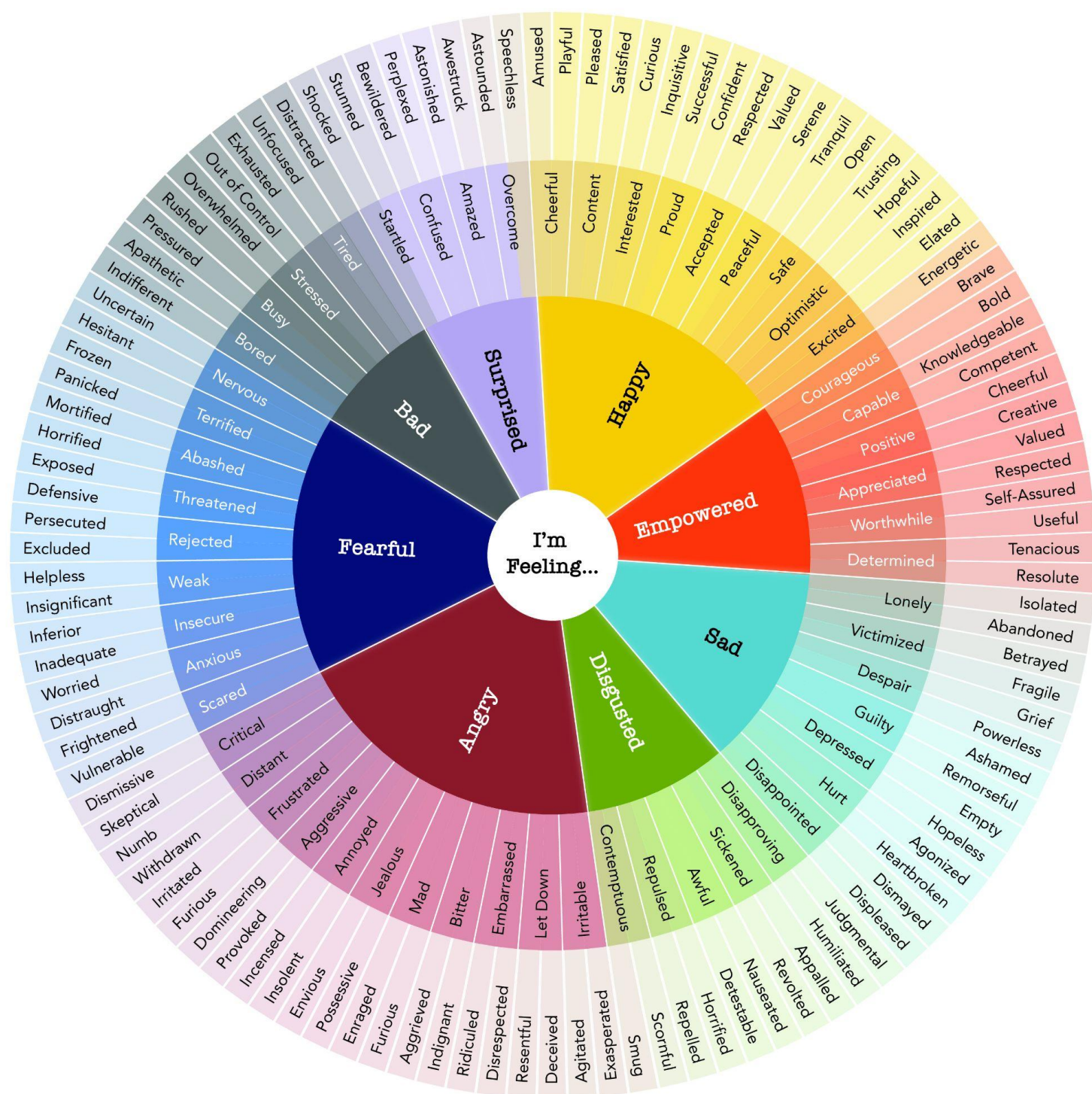


How do I feel? Wheel



Accepted	Generally agreed to be satisfactory or right - He was accepted into the group.
Abandoned	Left behind, not wanted, or left without care and protection. <i>The child was found <u>abandoned</u> but unharmed outside the police station.</i>
Abashed	Embarrassed. <i>He felt <u>abashed</u> about his rude behavior.</i>
Aggressive	Angry, and behaving in a threatening way; ready to attack; acting with force to succeed. <i>'What do you want?' he demanded <u>aggressively</u>.</i>
Aggrieved	Feeling unhappy, hurt, and angry because of unfair treatment. <i>The villagers felt deeply <u>aggrieved</u> when the factory polluted the nearby river.</i>
Agitated	Showing in your behavior that you are anxious and nervous. <i>This remark seemed to <u>agitate</u> her friend, who began biting her nails.</i>
Agonized	Showing or feeling extreme physical, emotional or mental pain. <i>Jack was in <u>agony</u> when he found out his grandfather had died.</i>
Amazed	To be extremely surprised or filled with astonishment. <i>She was <u>amazed</u> at how calm she felt after the accident.</i>
Amused	Thinking that somebody/something is funny, so that you smile or laugh. <i>She was <u>amused</u> by his jokes.</i>
Angry	A strong feeling against someone who has behaved badly, making you want to shout at them or hurt them; having strong feelings about something that you dislike very much or about an unfair situation. <i>I was so <u>angry</u> at the way I had been treated.</i>
Annoyed	The feeling of being slightly angry or irritated. <i>I was <u>annoyed</u> with myself for giving in so easily.</i>
Anxious	Feeling worried or nervous. <i>I felt very <u>anxious</u> and depressed about the future.</i>
Apathetic	Showing no interest or energy and unwilling to take action, especially over something important. <i>She was so <u>apathetic</u> and unmotivated in class that it was affecting her grade.</i>
Appalled	Feeling or showing horror at something unpleasant or wrong. <i>They were <u>appalled</u> at the amount of recyclable material being thrown away.</i>
Appreciated	To recognize and value the good qualities of somebody/something. <i>His family doesn't <u>appreciate</u> him.</i>
Ashamed	Feeling sad or embarrassed about something you have done. <i>He was deeply <u>ashamed</u> of his behavior at the party.</i>
Astonished	Very surprised. <i>I was <u>astonished</u> by how much she had grown.</i>
Astounded	Surprised or shocked by something because it seemed very unlikely. <i>The dedication of these teachers <u>astounds</u> me, especially considering how little they are paid and what little support they get.</i>

Awestruck	Feeling very impressed by something, filled with feelings of admiration or respect. <i>I could tell she was impressed and amazed by the awestruck expression on her face.</i>
Awful	Very bad or unpleasant. <i>I feel awful about forgetting her birthday.</i>
Bad	Unpleasant; not able to do something well. <i>Watch out; he's in a bad mood.</i>
Betrayed	To hurt somebody who trusts you, especially by lying to or about them or telling their secrets to other people. <i>She felt betrayed when she found out the truth about him.</i>
Bewildered	Confused and uncertain. <i>Everyone seemed utterly bewildered when she abruptly left.</i>
Bitter	Feeling angry and unhappy because of something that happened in the past. <i>She is very bitter about losing her job.</i>
Bold	Brave and confident; not afraid to say what you feel and think, or to take risks. <i>He gave a bold and fearless speech.</i>
Bored	Feeling unhappy because something is not interesting or because you have nothing to do. <i>I was so bored that I slept through the second half of the film.</i>
Brave	Showing no fear of dangerous or difficult things. <i>It was a brave decision to quit her job and start her own business.</i>
Busy	Having a lot to do; not free or available to do something. <i>I feel so busy; it's a little overwhelming.</i>
Capable	Able to do things effectively and skillfully and to achieve results. <i>She feels capable of succeeding in class.</i>
Cheerful	Happy, and showing it by the way that you behave. <i>He felt cheerful and full of energy.</i>
Competent	Able to do something well. <i>She feels highly competent at her job.</i>
Confident	Feeling sure about your own ability to do things, or having trust in people, plans, or the future. <i>He felt confident that he would do a good job.</i>
Confused	Unable to think clearly or to understand something. <i>Grandpa gets pretty confused sometimes and doesn't even know what day it is.</i>
Contemptuous	Feeling or showing that you have no respect for somebody/something, scornful. <i>I showed my contemptuous feelings by rolling my eyes and ignoring her.</i>
Content	Happy and satisfied with what you have. <i>I feel perfectly content just to lie in the sun.</i>
Courageous	Willing to do things that are difficult, dangerous, or painful; not afraid. <i>I hope people will be courageous enough to speak out.</i>
Creative	Having the skill and ability to produce something new or unique. <i>She feels creative when she writes poetry and paints.</i>
Critical	Saying what you think is bad about somebody/something. <i>Some parents are highly critical of their children.</i>

Curious	Wanting to learn more about people or things around you. <i>They were very <u>curious</u> about the people who lived upstairs.</i>
Deceived	When you've been persuaded that something false is the truth, or the truth has been hidden from you for someone else's advantage. <i>She felt <u>deceived</u> when she discovered he didn't care about her, he just wanted her savings.</i>
Defensive	Too quick to protect yourself from being criticized. <i>He is extremely <u>defensive</u> about his work.</i>
Depressed	Very sad and without hope. <i>She felt <u>depressed</u> over the recent death of her mother.</i>
Despair	The feeling that there is no hope and that you can do nothing to improve a difficult or worrying situation. <i>A deep sense of <u>despair</u> overwhelmed him.</i>
Determined	Having made a definite decision to do something and not letting anyone prevent you. <i>I feel <u>determined</u> to succeed.</i>
Detestable	Used to refer to people or things that you hate very much. <i>I loathe and <u>detest</u> racism in any form.</i>
Disappointed	Unhappy because someone or something was not as good as you hoped or expected, or because something did not happen. <i>He was <u>disappointed</u> to see she wasn't at the party.</i>
Disapproving	Showing that you feel something or someone is bad or wrong. <i>She sounded <u>disapproving</u> as we discussed my plans.</i>
Disgusted	A strong feeling of dislike for somebody/something that you feel is unacceptable, or for something that looks, smells, or tastes unpleasant. <i>The level of violence in the film really <u>disgusted</u> me.</i>
Dismayed	Feeling shocked and disappointed. <i>They were <u>dismayed</u> to find that the bus had already left.</i>
Dismissive	Showing that you do not think something is worth considering. <i>He waved her off <u>dismissively</u>.</i>
Displeased	Feeling upset, annoyed or not satisfied. <i>The tone of the text <u>displeased</u> her.</i>
Disrespected	Lacking respect, rude, unappreciated. <i>She felt <u>disrespected</u> when her team left her name off the presentation she worked on.</i>
Distant	Not showing much emotion, not friendly. <i>He sounded cold and <u>distant</u> on the phone.</i>
Distracted	Unable to pay attention to somebody/something because you are worried or thinking about something else. <i>Tania seems very <u>distracted</u>, I think she's worried about her brother.</i>
Distraught	Extremely anxious and upset such that it is difficult to think clearly. <i>He's still too <u>distraught</u> to speak about the tragedy.</i>
Domineering	Trying to control other people without considering their opinions or feelings. <i>He was brought up by a cold and <u>domineering</u> father.</i>

Elated	Extremely happy and excited, often because something has happened or been achieved. <i>He was <u>elated</u> by the news that he had won a full scholarship.</i>
Embarrassed	To feel shy, uncomfortable, or ashamed, especially in a social situation. <i>She felt <u>embarrassed</u> at being the center of attention.</i>
Empowered	Confident and in control of your life; also to have the power or authority to do something. <i>It's important that girls feel <u>empowered</u> and in control of what happens to them.</i>
Empty	Having nothing inside, without any meaning or purpose. <i>Three months after his death, she still felt <u>empty</u>.</i>
Energetic	Having or involving a lot of energy. <i>She knew I was <u>energetic</u> and would get things done.</i>
Enraged	A feeling of violent anger that is difficult to control. <i>She was <u>enraged</u> at his stupidity.</i>
Envious	Wanting to be in the same situation as somebody else; wanting something that somebody else has. <i>They were <u>envious</u> of her success.</i>
Exasperated	Extremely annoyed, especially if you cannot do anything to improve the situation. <i>He was becoming <u>exasperated</u> with all the questions they were asking.</i>
Excited	Feeling or showing happiness and enthusiasm. <i>An <u>excited</u> crowd waited for the singer to arrive.</i>
Excluded	To prevent somebody/something from entering a place or taking part in something; to be left out. <i>He felt <u>excluded</u> by the kids when they did not let him join in what they were doing.</i>
Exhausted	Extremely tired. <i>I'd worked a twelve-hour day and was absolutely <u>exhausted</u>.</i>
Exposed	Not protected from attack or criticism. <i>She was left feeling <u>exposed</u> and vulnerable.</i>
Fearful	Nervous and afraid. <i>She was <u>fearful</u> that she would fail.</i>
Fragile	Weak, easily damaged, or broken. <i>He seemed <u>fragile</u> and easily hurt.</i>
Frightened	Feeling fear or worry. <i>I'm <u>frightened</u> of walking home alone in the dark.</i>
Frozen	Unable to move because of a strong emotion such as fear or horror. <i>He was <u>frozen</u> with fear and couldn't move even though he wanted to run away.</i>
Frustrated	Feeling annoyed or less confident because you cannot achieve what you want; having no effect; not being satisfied. <i>They felt <u>frustrated</u> at the lack of progress.</i>
Furious	Extremely angry. <i>He was absolutely <u>furious</u> at having been deceived.</i>
Grief	Very great sadness, especially at the death of someone. <i>She was overcome with <u>grief</u> when her husband died.</i>
Guilty	Feeling ashamed because you have done something that you know is wrong or have not done something that you should have done. <i>I had a <u>guilty</u> conscience and could not sleep.</i>
Happy	Feeling or showing pleasure; pleased. <i>She felt <u>happy</u> today.</i>

Heartbroken	Feeling extremely sad or disappointed because of something that has happened. <i>She was <u>heartbroken</u> when he left her.</i>
Helpless	Unable to care for yourself or protect yourself against danger. <i>He felt <u>helpless</u> when his mother yelled and criticized him.</i>
Hesitant	Slow to speak or act because you feel uncertain, embarrassed, or unwilling. <i>You seemed a bit <u>hesitant</u> about recommending that restaurant, is something wrong with it?</i>
Hopeful	Believing that something you want will happen. <i>His audition went well and he's <u>hopeful</u> about getting the part.</i>
Hopeless	Having no hope that something will get better or succeed. <i>He felt lonely and <u>hopeless</u>.</i>
Horried	To feel extremely shocked or frightened. <i>The whole country was <u>horried</u> by the shootings.</i>
Humiliated	Feeling ashamed or stupid and that you've lost the respect of other people. <i>I've never felt so <u>humiliated</u>.</i>
Hurt	To feel pain, physically or emotionally. <i>She was deeply <u>hurt</u> that she had not been invited.</i>
Inadequate	Not good enough. <i>I felt totally <u>inadequate</u> as a parent.</i>
Incensed	Extremely angry. <i>The workers felt <u>incensed</u> when they learned of the decision to lengthen their working hours without an increase in pay.</i>
Indifferent	Having or showing no interest in somebody/something. <i>Why don't you vote? How can you be so <u>indifferent</u> to what is going on?</i>
Indignant	Feeling or showing anger and surprise because you think that you have been treated unfairly. <i>Joe quivered with <u>indignation</u> when Paul spoke to him like that.</i>
Inferior	Worse than average, not as good as someone or something else. <i>She has always felt <u>inferior</u> about her looks.</i>
Inquisitive	Wanting to discover as much as you can about things, sometimes in a way that annoys people. <i>She felt so <u>inquisitive</u> when she went to the spy museum that she asked questions about it all the way home.</i>
Insecure	Having little confidence and feeling uncertain about your own abilities or if other people really like you, doubting your own abilities. <i>He's very <u>insecure</u> about his appearance.</i>
Insignificant	Feeling unimportant or not valuable. <i>He felt <u>insignificant</u> and stupid when she laughed at him.</i>
Insolent	Extremely rude and showing a lack of respect. <i>Her <u>insolence</u> cost her her job.</i>
Inspired	Wanting to create something, especially in art, literature or music; feel full of hope or encouraged. <i>She was <u>inspired</u> to write a story.</i>
Interested	Wanting to give your attention to something and learn more about it, wanting to become involved in something. <i>I'm <u>interested</u> in learning more about your work.</i>

Irritable	Becoming annoyed very easily. <i>She snaps <u>irritably</u> at anyone who comes too close.</i>
Irritated	The state of being annoyed, especially by something that somebody continuously does or by something that continuously happens. <i>She was getting more and more <u>irritated</u> at his repeated comments.</i>
Isolated	Feeling unhappy because of not seeing or talking to other people; without much contact with other people. <i>She felt <u>isolated</u> when she had to stay home during the pandemic</i>
Jealous	Feeling angry or unhappy because you wish you had something that somebody else has. <i>Children often feel <u>jealous</u> when a new baby arrives.</i>
Judgemental	Tending to form opinions too quickly, especially when disapproving of someone or something. <i>I'm so <u>judgemental</u> when someone doesn't agree with me</i>
Knowledgeable	Knowing a lot. <i>He's very <u>knowledgeable</u> about history.</i>
Let Down	Something that is disappointing because it is not as good as you expected it to be. <i>He trudged home feeling lonely and <u>let down</u>.</i>
Lonely	Unhappy because you are not with others. <i>He lives alone and often feels <u>lonely</u>.</i>
Mad	Very angry or annoyed. <i>They're pretty <u>mad</u> about being lied to.</i>
Mortified	To feel very ashamed or embarrassed; humiliated. <i>He was <u>mortified</u> that he had been caught stealing.</i>
Nauseated	Feeling that you want to vomit. <i>I felt <u>nauseated</u> by the extreme violence in the movie.</i>
Nervous	Worried or slightly frightened. <i>I was very <u>nervous</u> about driving again after the accident.</i>
Numb	Not able to feel any emotions or to think clearly, because you are so shocked or frightened; unable to feel, think or react in the normal way. <i>He felt <u>numb</u> with shock when he heard the horrible news.</i>
Open	Willing to listen to and think about new ideas. <i>In arguments, he is <u>open</u> to hearing the other side.</i>
Optimistic	Hoping or believing that good things will happen in the future. <i>She feels <u>optimistic</u> about her chances of winning the contest.</i>
Out of Control	Impossible to manage or stop. <i>I was so angry that I felt <u>out of control</u> of my own behavior.</i>
Overcome	To affect somebody very strongly; to prevent someone from being able to act or think in the usual way. <i>He felt so <u>overcome</u> by emotion, he found himself unable to speak for a few minutes.</i>
Overwhelmed	Feeling that something or someone is too much to deal with; too much to manage. <i>She was <u>overwhelmed</u> by feelings of sadness for what she had done.</i>
Panicked	To suddenly feel so worried or frightened that you cannot think or behave clearly or calmly. <i>She felt <u>panicked</u> and forgot my lines on stage.</i>

Peaceful	Calm and quiet; free from worries or annoyances; without violence. <i>I feel so <u>peaceful</u> by the lake.</i>
Perplexed	Confused and anxious because you are unable to understand something. <i>The students looked confused and <u>perplexed</u>, so the teacher tried to explain once again.</i>
Persecuted	To treat somebody in a cruel and unfair way, especially because of their race, religion, or political beliefs. <i>She felt <u>persecuted</u> because of her religion.</i>
Playful	Full of fun; wanting to play; not serious. <i>After a long week, I feel <u>playful and ready to relax on the weekends</u>.</i>
Pleased	Feeling happy about something. <i>I'm <u>pleased</u> that you're feeling better.</i>
Positive	Thinking about what is good in a situation; feeling confident and sure that something good will happen. <i>He had a <u>positive</u> attitude about the upcoming game.</i>
Possessive	Demanding total attention or love; not wanting somebody to be independent; not liking to lend things or share things with others. <i>Jimmy's very <u>possessive</u> about his toys.</i>
Powerless	The state of being unable to control or influence somebody/something. <i>I saw what was happening, but I felt <u>powerless</u> to help.</i>
Pressured	To strongly persuade someone to do something they do not want to do. <i>He feels <u>pressured</u> at work right now.</i>
Proud	Feeling pleased and satisfied about something that you own or have done, or are connected with. <i>He was <u>proud</u> of himself for not giving up.</i>
Provoked	To say or do something that you know will annoy somebody so that they react in an angry way; to try to make a person or an animal angry or annoyed. <i>Be careful of what you say—she's easily <u>provoked</u> to anger.</i>
Rejected	To treat someone in a way that shows you do not feel affection for that person; to fail to give a person or an animal enough love or care. <i>When she fought with her friend, she felt <u>rejected</u> and useless.</i>
Remorseful	Feeling extremely sorry for something wrong or bad that you have done. <i>He seemed genuinely <u>remorseful</u> for what he had said.</i>
Repelled	Make somebody feel horror or disgust. <i>I was <u>repelled</u> by her behavior and left as quickly as I could.</i>
Repulsed	A strong feeling of dislike, disapproval, or disgust. <i>I was <u>repulsed</u> by the lies and deception of the politician.</i>
Resentful	Feeling bitter or angry about something that you think is unfair. <i>He was <u>resentful</u> at having been left off of the team.</i>
Resolute	Determined in character, action, or ideas. <i>She's <u>resolute</u> in her commitment to help the earth by recycling and turning off lights.</i>

Respected	Admired for your qualities or achievements. <i>They respected her because she has always been honest with them, even when it would have been easier to lie.</i>
Respected	To have a very good opinion of somebody/something; to admire somebody/something. <i>She was a much-loved and highly <u>respected</u> teacher.</i>
Revolted	To feel unpleasantly shocked or disgusted. <i>The way he ate his food <u>revolted</u> me.</i>
Ridiculed	To make somebody/something look stupid by laughing at them or it in an unkind way. <i>At first, the reporters <u>ridiculed</u> and dismissed his theory.</i>
Rushed	To be extremely busy; to have too many things to do; feeling that you must do something quickly. <i>I've felt <u>rushed</u> all day trying to get everything done.</i>
Sad	Unhappy or showing unhappiness. <i>I was <u>sad</u> to see the series end.</i>
Safe	Not in danger or likely to be harmed. <i>In some cities, you don't feel <u>safe</u> going out alone at night.</i>
Satisfied	Pleased because you have achieved something or because something that you wanted to happen has happened. <i>He finished his homework with a <u>satisfied</u> smile.</i>
Scared	Frightened by something or afraid that something bad might happen, worried. <i>He's <u>scared</u> of heights.</i>
Scornful	A very strong feeling of no respect for someone or something that you think is stupid or has no value. <i>He laughed <u>scornfully</u> at the suggestion.</i>
Self-Assured	Having a lot of confidence in yourself and your abilities. <i>She felt confident and <u>self-assured</u> when she gave the speech.</i>
Serene	Peaceful and calm; worried by nothing. <i>He approached the job feeling both confident and <u>serene</u>.</i>
Shocked	Surprised or upset because something unexpected and unpleasant has happened. <i>The boy was too <u>shocked</u> and frightened to speak.</i>
Sickened	To feel unpleasant emotions, especially anger and disgust. <i>Watching the attack <u>sickened</u> him.</i>
Skeptical	Doubting that something is true or useful. <i>I am <u>skeptical</u> about her chances of winning.</i>
Smug	Looking or feeling too pleased about something you have done or achieved. <i>She smiled, <u>smugly</u>, when she won the game.</i>
Speechless	Unable to speak because you are so angry, shocked, surprised, etc. <i>Laura was <u>speechless</u> when she opened the present from her friends.</i>
Startled	Slightly shocked or frightened because of a sudden surprise. <i>The monkeys were so <u>startled</u> that they ran off in all directions.</i>
Stressed	Too anxious and tired to be able to relax; worried and nervous. <i>I'm really <u>stressed</u> out about homework assignments.</i>

Stunned	To shock someone so much that the person does not know how to react. <i>I feel <u>stunned</u> and can't figure out what to do.</i>
Successful	Achieving the results wanted or hoped for. <i>Fortunately, my second attempt at starting a business worked out and I finally felt <u>successful</u>.</i>
Surprised	A feeling caused by something happening suddenly or unexpectedly. <i>I feel <u>surprised</u> that you're not tired since you only slept for three hours.</i>
Tenacious	Not giving up easily; continuing to exist, have influence, etc. for longer than you might expect <i>She's a <u>tenacious</u> woman, she never gives up.</i>
Terrified	Very frightened. <i>He huddled in the corner feeling like a <u>terrified</u> child.</i>
Threatened	Feeling that something bad might happen, or that someone might do something bad to you. <i>I felt <u>threatened</u> when he cornered me.</i>
Tired	In need of rest or sleep. <i>I talked to him three times before and felt <u>tired of trying to get him to change his mind</u>.</i>
Tranquil	Not worried or upset in any way. <i>I feel <u>tranquil</u> when I'm hiking in the mountains.</i>
Trusting	Believing that other people are good or honest and will not harm or deceive you. <i>The child gave a warm, <u>trusting</u> smile.</i>
Uncertain	Feeling doubt about something; not sure. <i>I'm <u>uncertain</u> about what to do next.</i>
Unfocused	Not having a clear aim or purpose; not well organized or clear. <i>I didn't understand the assignment and so I felt <u>unfocused when I did my work</u>.</i>
Useful	Effective, producing the result that is wanted or intended. <i>He felt <u>useful</u> when he helped other students understand the math problem.</i>
Valued	To think that somebody/something is useful and important. <i>He feels <u>valued</u> as a friend.</i>
Victimized	To make somebody suffer unfairly because you do not like them, their opinions, or something that they have done. <i>For years, the family had felt <u>victimized</u> by racist neighbors.</i>
Vulnerable	Easily hurt, influenced, or attacked. <i>She felt very <u>vulnerable</u> standing there on her own.</i>
Weak	Lacking strength or energy, not good at something. <i>I felt exhausted and <u>weak</u> with hunger.</i>
Withdrawn	Preferring to be alone and taking little interest in other people, shy. <i>He didn't feel <u>withdrawn</u> although sometimes people portrayed him that way.</i>
Worried	Thinking about unpleasant things that have happened or that might happen and therefore feeling unhappy and afraid. <i>His <u>worried</u> parents were waiting for him when he got home.</i>
Worthwhile	Important, pleasant, interesting, etc.; worth spending time, money, or effort on. <i>We all felt <u>worthwhile</u> when we volunteered for the local community.</i>

Complete	Feedback
C	Delete title and ending slides
	Stop the bobbling of the wheel when you spin it
C	Change "turn the wheel to the emotion you'd like to explore" to "Turn the wheel to the emotion that most closely matches how you are feeling."
C	<p>Change "click on the different sad emotions to learn more" to:</p> <p>"Now look at the second ring of words related to ____ (emotion they chose), is there one that is a better fit or seems more descriptive of how you are feeling?"</p> <p>"Finally look at the third ring of words. Do these words also fit how you are feeling?"</p>
	<p>In the graphic below, do you see how in the ring chain sadness → distressed → agonized, hurt... the color of 'hurt' matches the color of 'distressed'? If you look, it's like that for all of the second and third ring words (ex: melancholic matches sorrowful, disappointed matches displeased, etc). Can we color our wheel in this way too? We don't need to change the basic colors, just color it using this pattern.</p>

C	The enlarged, greyed out wheel looks awesome! Having the only color be the words they're focusing on, and greying out everything else, really works!
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