

Plutchik Wheel of Emotion

Eight basic emotions. Infinite human experiences.
A visual guide to understand emotions, their intensities and how they relate to each other.



Emotions help us adapt, connect and navigate life.
The Plutchik Wheel of Emotion shows eight primary emotions, their varying intensities, and how they combine to form more complex feelings.

How to Read the Wheel

- Each petal represents a primary emotion.
- Intensity increases from center to outer edge (mild → moderate → intense).
- Adjacent emotions can combine to create secondary emotions (shown between petals).
- Opposite emotions are natural counterparts.

The Eight Primary Emotions

- Joy** (Sun icon): Happiness, optimism, contentment.
- Trust** (Leaf icon): Acceptance, safety, admiration.
- Fear** (Shield icon): Apprehension, caution, protection.
- Surprise** (Exclamation mark icon): Amazement, curiosity, attention.
- Sadness** (Tear drop icon): Grief, sorrow, reflection.
- Disgust** (Puke icon): Aversion, rejection, dislike.
- Anger** (Fire icon): Frustration, irritation, confrontation.
- Anticipation** (Eye icon): Interest, expectation, vigilance.

3 Levels of Intensity (Per Emotion)

- Intense** (outer ring) e.g. Ecstasy (Joy)
- Moderate** (middle ring) e.g. Joy
- Mild** (inner ring) e.g. Serenity

From Basic to Complex Emotions

- Joy + Trust = Love
- Complex emotions arise from the combination of two adjacent primary emotions.

Why It Matters

- Better self-awareness**
Recognize and name what you feel.
- Healthier decisions**
Understand emotional drivers.
- Stronger relationships**
Build empathy and connection.
- A more balanced life**
Different emotions serve different purposes.



All emotions have a purpose.

They guide us, protect us, motivate us, and help us connect with others. Together, they create a fuller, more meaningful life.