

This circular diagram illustrates 48 basic emotions, organized into four main quadrants based on primary affect: Happy (yellow), Sad (blue), Angry (red), and Fearful (orange). Each quadrant is further divided into sub-quadrants representing related emotional states, which then branch out into specific emotion words.

- Happy (Yellow Quadrant):**
  - Surprised (Purple):** Shocked, Dismayed, Perplexed, Astonished, Awe, Eager, Energetic, Aroused, Cheeky, Free, Joyful, Curious, Inquisitive, Successful, Confident, Respected, Valued, Courageous, Creative, Loving, Thankful, Sensitive, Intimate, Hopeful, Inspired, Isolated.
  - Content (Yellow):** Content, Interested, Proud, Accepted, Powerful, Peaceful, Trusting, Optimistic, Lonely, Vulnerable, Despair, Guilty, Depressed, Hurt, Repelled, Awful, Disappointed, Disapproving, Critical, Distant, Frustrated, Aggressive, Mad, Bitter, Humiliated, Let down, Threatened, Rejected, Weak, Insecure, Anxious, Scared, Bored, Busy, Stressed, Tired.
- Sad (Blue Quadrant):**
  - Lonely (Blue):** Lonely, Vulnerable, Despair, Guilty, Depressed, Hurt, Repelled, Awful, Disappointed, Disapproving, Critical, Distant, Frustrated, Aggressive, Mad, Bitter, Humiliated, Let down, Threatened, Rejected, Weak, Insecure, Anxious, Scared, Bored, Busy, Stressed, Tired.
  - Helpless (Green):** Helpless, Frightened, Overwhelmed, Worried, Inadequate, Inferior, Worthless, Insignificant, Excluded, Persecuted, Nervous, Exposed, Betrayed, Resentful, Disrespected, Ridiculed, Indignant, Violated, Furious, Jealous, Provoked, Hostile, Infuriated, Annoyed, Withdrawn, Numb, Sceptical, Dismissive, Judgmental, Embarrassed, Appalled, Revolted, Nauseated, Horrified, Hesitant, Embarrassed, Disappointed, Inferior, Empty, Remorseful, Ashamed, Powerless, Grief, Fragile, Victimised, Abandoned, Isolated.
- Angry (Red Quadrant):**
  - Disgusted (Grey):** Disgusted, Disapproving, Critical, Distant, Frustrated, Aggressive, Mad, Bitter, Humiliated, Let down, Threatened, Rejected, Weak, Insecure, Anxious, Scared, Bored, Busy, Stressed, Tired.
  - Helpless (Green):** Helpless, Frightened, Overwhelmed, Worried, Inadequate, Inferior, Worthless, Insignificant, Excluded, Persecuted, Nervous, Exposed, Betrayed, Resentful, Disrespected, Ridiculed, Indignant, Violated, Furious, Jealous, Provoked, Hostile, Infuriated, Annoyed, Withdrawn, Numb, Sceptical, Dismissive, Judgmental, Embarrassed, Appalled, Revolted, Nauseated, Horrified, Hesitant, Embarrassed, Disappointed, Inferior, Empty, Remorseful, Ashamed, Powerless, Grief, Fragile, Victimised, Abandoned, Isolated.
- Fearful (Orange Quadrant):**
  - Helpless (Green):** Helpless, Frightened, Overwhelmed, Worried, Inadequate, Inferior, Worthless, Insignificant, Excluded, Persecuted, Nervous, Exposed, Betrayed, Resentful, Disrespected, Ridiculed, Indignant, Violated, Furious, Jealous, Provoked, Hostile, Infuriated, Annoyed, Withdrawn, Numb, Sceptical, Dismissive, Judgmental, Embarrassed, Appalled, Revolted, Nauseated, Horrified, Hesitant, Embarrassed, Disappointed, Inferior, Empty, Remorseful, Ashamed, Powerless, Grief, Fragile, Victimised, Abandoned, Isolated.
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- Slow head and eye scanning of the room

- Peripheral vision widening (soft gaze)
- Pressing heels or toes into the floor
- Gentle shaking of legs or arms
- Longer exhales without controlling inhale
- Wrapping arms around torso (self-containment)

You're looking for:

➡ a spontaneous sigh, yawn, or settling

### If your main symptom is IRRITABILITY / SHORT FUSE / PMS RAGE

(anger dominant — mobilized energy with no outlet)

Choose practices that allow force + release

Try:

- Wall pushes or door pushes
- Isometric holds (wall sit, plank) then release
- Slow, heavy carries
- Towel pulling or tearing cardboard
- Sharp vocal exhale ("Hah" / "No")
- Stomping with intentional stop

You're looking for:

➡ warmth, heaviness, or calm after effort

### If your main symptom is NUMBNESS / LOW MOOD / FLATNESS

(sadness or dorsal vagal dominance)

Choose practices that soften and allow collapse

Try:

- Rocking while seated or lying down
- Curling into fetal position, then slowly opening
- Hand on chest with slow breathing
- Humming or low vocal tone
- Letting eyes rest or close briefly
- Weighted blanket or firm pressure

You're looking for:

➡ emotion, breath depth, or gentle engagement

### **If your main symptom is SHAME / WITHDRAWAL / SELF-CRITICISM**

(social threat response)

Choose practices that restore uprightness + belonging

Try:

- Slowly lifting head and eyes
- Back-body breathing (ribs, spine)
- Gentle self-touch on arms or shoulders
- Standing tall with feet grounded
- Imagining supportive eyes or presence
- Turning toward sound or voice

You're looking for:

 a sense of steadiness or openness

### **If your main symptom is DIGESTIVE TENSION / AVERSION / PEOPLE-PLEASING**

(disgust dominant — boundary violation)

Choose practices that reject and clear

Try:

- Turning torso or head away, then returning to neutral
- Strong mouth exhales or spit motion
- Tongue stretch + jaw release
- Wiping arms or torso downward
- Washing hands with intention
- Changing clothes or showering

You're looking for:

 relief in the gut or chest

### **If your main symptom is CHRONIC TENSION / CAN'T RELAX**

(joy/happiness suppressed — safety not integrated)

Choose practices that allow expansion

Try:

- Gentle bouncing through legs
- Chest opening stretches
- Light, unstructured movement or dancing
- Smiling until eyes engage

- Laughter or playful sound
- Conscious warmth (sunlight, tea)

You're looking for:

➡ ease without vigilance

### If your main symptom is BAD

(a blended unclear state: discomfort, unease, irritability, heaviness)

Choose practices that clarify + move sensation:

Try:

- Scanning the body and naming the strongest sensation
- Gentle movement that matches the feeling (slow, heavy, tight, restless)
- Hand on chest or belly with natural breathing
- Rocking or swaying
- Long exhale through the mouth
- Asking internally: "Do I need movement or stillness?" and responding physically

You're looking for:

➡ clearer sensation or emotional direction, then settling