

Eight Basic Emotions

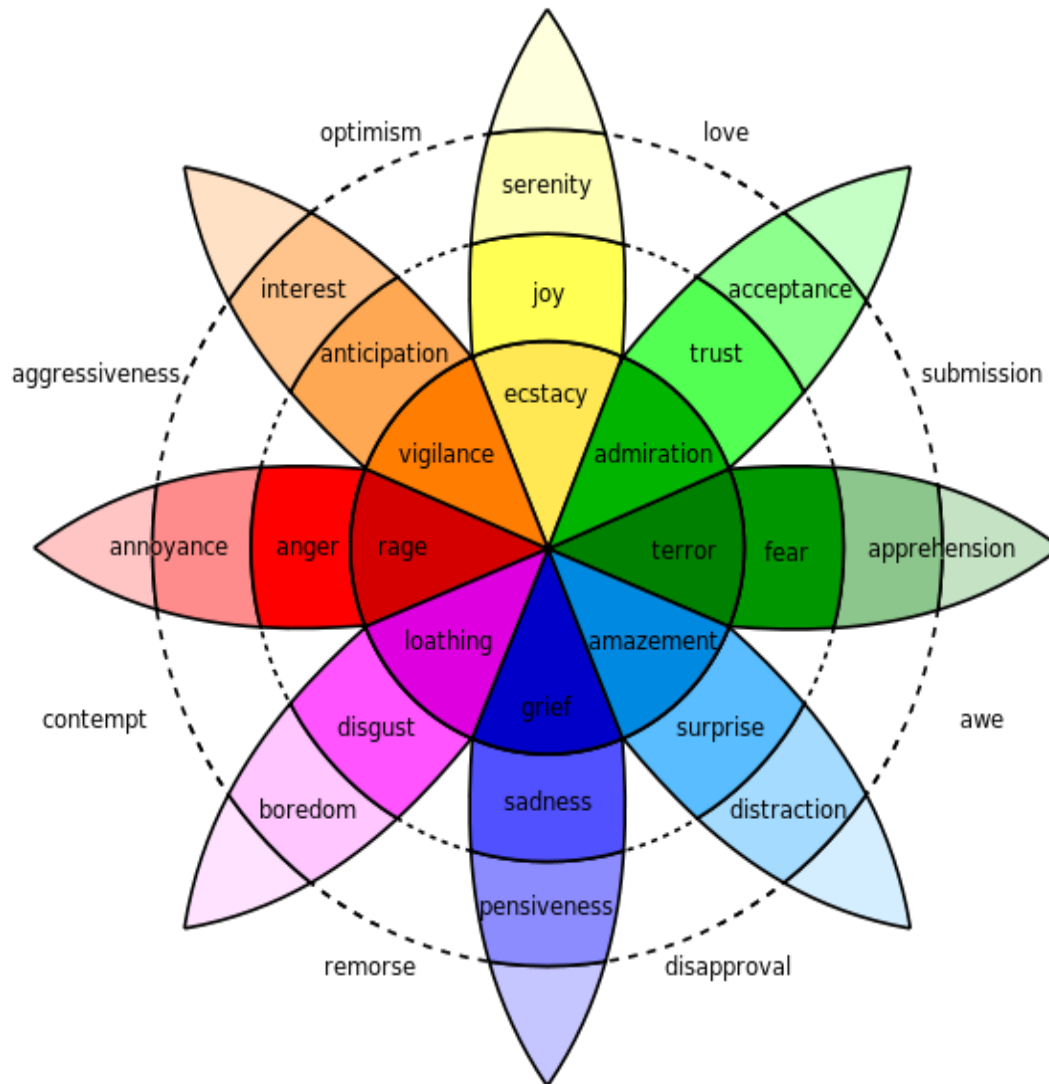
Joy ~ Sadness

Fear ~ Anger

Trust ~ Disgust

Surprise ~ Anticipation

Located across from one another in the diagram.



Robert Plutchik's Wheel of Emotions

<https://positivepsychology.com/emotion-wheel/>

Emotional Literacy

Emotional Literacy is our ability to understand emotions, empathize with the emotions of others, and express our emotions in a productive way.

Robert Plutchik's Wheel of Emotions:

The in-between emotions with no color denote an emotion that is a combination of the 2 primary emotions. Examples: Trust + Fear = Submission, Fear + Surprise = Awe, Surprise + Sadness = Disapproval, Joy + Trust = Love and Anger + Anticipation = Aggressiveness

The cone's vertical dimension represents intensity; mild, basic and extreme – emotions intensify as they move from the outside to the center of the wheel, the darker the shade, the more intense the emotion. At the highest level, the primary emotion of trust becomes admiration and boredom, and if left unchecked it can intensify to loathing which is the dark purple.

There is a range of emotion in each pedal and the energy behind the emotion will cause you to move in a particular way and take certain kinds of action. The action, not the emotion can either be positive or negative. What is the action behind joy? How do you show joy? How do you show sadness? Is the energy level different? What we choose to do with the emotion, the action, creates the possibility for how we will react to the emotion. Joy has a set of actions or range Sadness has a totally different set of actions. However, that does not mean they can't overlap every now and then.