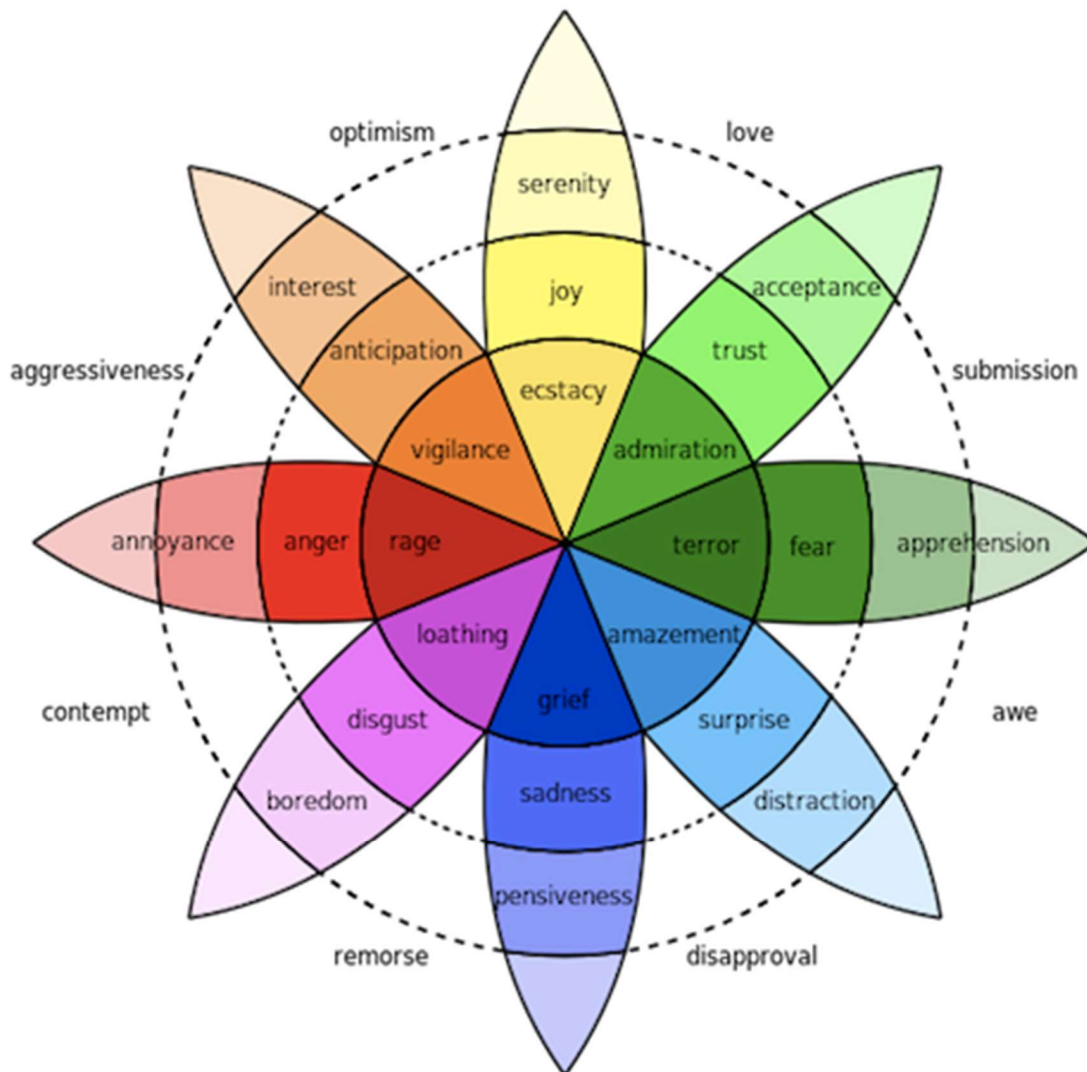


Plutchik's wheel of emotion



Plutchik identified ten postulates on which his evolutionary theory of emotions is based. Plutchik's wheel of emotion illustrates the relationships between his primary emotions and other related emotions. The eight basic emotions are joy, trust, fear, surprise, sadness, anticipation, anger, and disgust.

In fact they are 8 primary bipolar emotions: joy versus sadness; anger versus fear; trust versus disgust; and surprise versus anticipation.

How to interpret Plutchik's Wheel of Emotions

1. Colors

In the Wheel of Emotions, the eight Primary emotions identified by Robert Plutchik have each been given a distinct color.

When an emotion is more intense, the color also becomes more intense.

2. Layers

The Feelings Wheel is filled with different layers and dimensions of color and emotion. Towards the middle of the Wheel, the intensity of emotion and color increases.

3. Relations

The Wheel of Emotions illustrates the reciprocal relationships between diametrically opposed emotions.

Plutchik identified eight primary emotions, but there are frequently combinations of emotions that are mixed together.

As a result, all emotions are connected to one another and in constant contact.

Patterns to decode Plutchik's Wheel of Emotions

Peripheral edges – Along the periphery, you'll find low-intensity emotions: Serenity, acceptance, boredom, and so on.

Before the Periphery – As you move toward the center from the periphery, the color deepens and milder emotions become your basic emotions: trust, fear, sadness, etc.

Inner most circle – The inner most circle holds the most intense manifestations: admiration, ecstasy, amazement, rage, among others.

In between the petals – This is the zone of mixed emotions — contempt, for example, rises out of a combination of anger and disgust.



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