EMOTION-SENSATION WHEEL

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FEAR
ANGER
DISGUST
SURPRISE
HAPPY
SAD

TENDER
BLUSHING
UNSTEADY
COLD
TENSE
FROZEN
QUIET
RACING ♡
FOOT-TAPPING
FIDGETY
NUMB HANDS
TREMBLING
JUMPY
SWEATY PALMS
BREATHLESS
SPEECHLESS
JAW DROP
EYEBROWS UP
ELECTRIFIED
JUMPY

EMBARRASSED
UNWANTED
INFERIOR
INSECURE
ANXIOUS
SCARED
SHOCK
CONFUSION
AWE
EXCITEMENT
JOY
CURIOUS
PROUD
SATISFIED
COURAGEOUS
PEACEFUL
INTIMATE
OPTIMISTIC
OPEN
ENERGETIC
AWAKE
BROW-FURROW
INFLATED
TALL
SOFT
CALM
JAW SET
STEADY
RELAXED
STILL
SENSITIVE
WARM
LIGHT
BUZZING

HURT
INSECURE
HATEFUL
MAD
AGGRESSIVE
IRRITATED
DISTANT
CRITICAL
DISAPPROVAL
DISAPPOINTED
AWFUL
AVERSION
GUILT
ABANDONED
DESPAIR
DEPRESSED
LONELY
APATHETIC
EYE ROLLS
WEAK
HEAVINESS
SLOW ♡
HOLLOW FEELING
TIREDNESS
BODY ACHES
CRYING
SLOUCHING
CURLING UP
EMPTY
LOOKING DOWN
TURN AWAY
QUEASY
LUMP IN THROAT
NAUSEA
FACE-SCRUNCHED
NEED TO MOVE
SHUDDERING
WRITHING
LIP CURLED
FEELING HOT
GUT-TURNING
NUMB
HEADACHE
TIGHT JAW
CLENCHING
♡RACING
FLUSHED
LOUD WORDS
TURNING AWAY
SCOWL
HOT
HIDING
LIMP
LIP-TREMBLE

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