

Emotion wheel: needs satisfied or unsatisfied

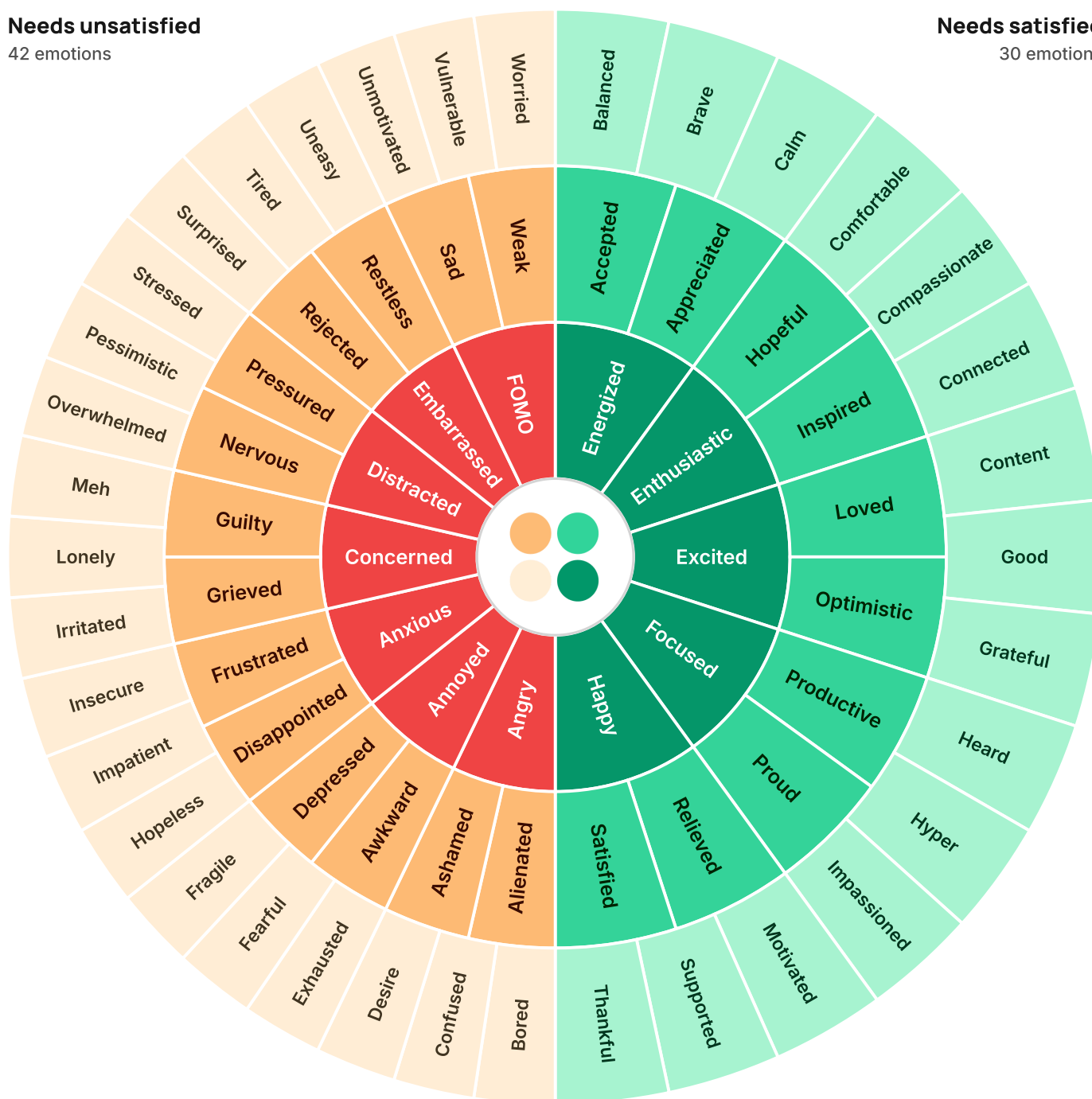
Find the word for what you feel, then ask what it says about your needs.

Needs unsatisfied

42 emotions

Needs satisfied

30 emotions



Needs satisfied 30

Feelings that often show up when a need is met, like rest, safety, connection, or achievement.

Needs unsatisfied 42

Feelings that often show up when a need is not met. They point to what you may be missing.

1. Check your body. Does this feel more like a need is met, or like one is missing?
2. Go to that half. Words near the center are stronger. Words near the edge are milder or mixed.
3. Pick one to three words. Then finish the sentence: I feel ... because I need ...

Method. Based on nonviolent communication (Marshall Rosenberg), which sorts feelings by whether needs are met. Each of Pixy's 72 emotions is in exactly one half, judged from its definition. Hyper counts as met. Surprised, desire, and bored count as unsatisfied. A lens for reflection, not a diagnosis.