

Emotion wheel: pleasant, neutral, unpleasant

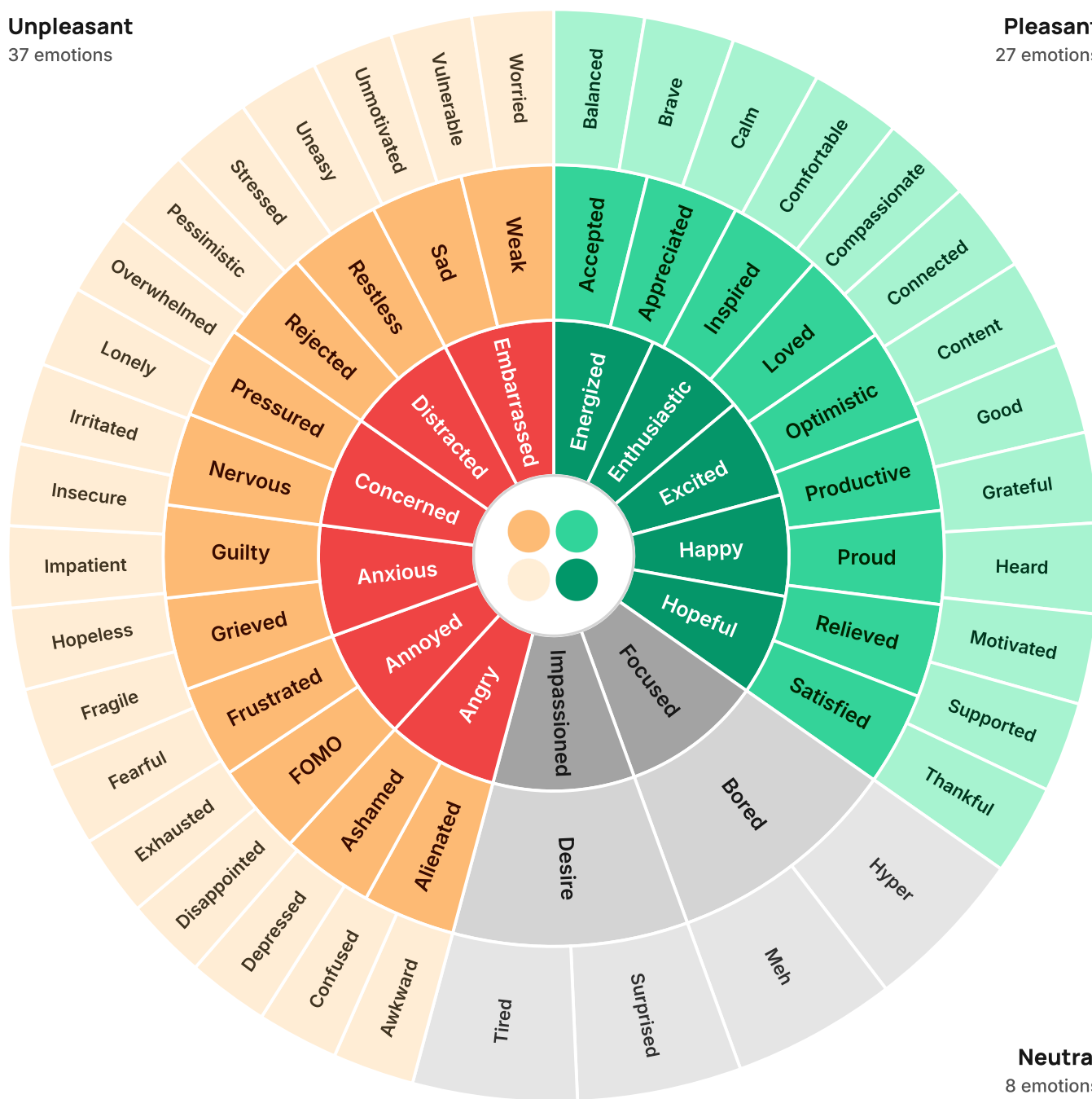
Start with how it feels: pleasant, neutral, or unpleasant. Then find the exact word.

Unpleasant

37 emotions

Pleasant

27 emotions



Pleasant 27
Feels good to have.

Neutral 8
No clear tone, or it depends on the situation.

Unpleasant 37
Feels uncomfortable to have.

1. Take one breath. Does this feel pleasant, unpleasant, or neither?
2. Go to that sector. 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 ...

Method. Pixy sorts its 72 emotions into five categories. Very pleasant and pleasant count as pleasant, unpleasant and very unpleasant as unpleasant. **Neutral** means no clear tone, or it depends on the situation. 8 emotions differ from the app category because their definition says otherwise. Every emotion is in exactly one sector.