

## Levels of emotion

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At my honesty salon last night we came up with the concept of levels of anger and how languaging affects how we feel. We had these levels:

- homicidal
- rage
- anger
- irritation
- peeved

There seems to be a big gap in levels between irritation and anger - any suggestions on what fits in there?

I wrote out similar levels for other emotions fear, sadness, happy, apathy, love and put them in a circle with levels from the center. Has anyone seen anything like this elsewhere? Update 12/10/11 - I found this Plutchik's wheel of emotions:

## Plutchik's Wheel of Emotions

