

FW 2.0 FEELING FAMILIES GENERAL FEATURES TABLE

FW 2.0 Feeling Family General Features		
	JOYFUL	SCARED
Dictionary Definition	to experience great pleasure or delight	1: filled with fear or apprehension...2: filled with concern or regret over an unwanted ...3: having a dislike for something
Ken's Rule of Thumb Definition	pleasurable emotion that motivates us to go toward something we are attracted to or we find interesting	afraid emotions are ones that are trying to tell us to avoid, get away from, or to hide in certain situations
What's its job?	move to and interact with good things being rewarded, recreation	escape danger, both physically and socially
What job is it bad at?	when you need to be focused, sometimes experiencing joyful emotion(s) becomes an obsession, not good at noticing manipulation, may cause some addiction, avoidance of important serious things	controlling impulsivity, not good at contemplation/decision making, if chronic can lead to worry
Behaviors that go with emotions	interaction with, unprompted moving toward, desiring good things	flight, freezing, hiding, panic
Relationships	important to building close relationships	important for helping avoid hurting the relationship
Addiction issues where this emotion may play an outsized role	gambling, sex, stimulants, Ecstasy/MDMA, paraphilic disorders	cannabis, benzodiazepines, opiates, alcohol
Mental Health Challenges where this emotion plays a large role	mania, ADHD	anxiety disorders, phobias, PTSD
Special Notes		likely the most primitive emotional family

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FW 2.0 Feeling Family General Features		
	MAD	SAD
Dictionary Definition	a strong feeling of displeasure and usually of antagonism	a: affected with or expressive of grief or unhappiness b: causing or associated with grief or unhappiness
Ken's Rule of Thumb Definition	mad is the emotion when you feel your rights are violated AND/OR "I am frustrated"	helping us adjust/accept negative/adverse changes (e.g., loss, change of fortune, life change) and hopefully show us how to feel better (e.g., if you're lonely do something to connect with others)
What's its job?	defense of rights and health, quick situation evaluation	adjusting to a loss, make us aware of problematic situations, slowing down
What job is it bad at?	when anger is too intense for a situation or is constant mad leads to extreme impulsivity, is not good at long term planning, and revenge (which usually causes the person more problems)	avoidance when should take action, where need to take rapid action
Behaviors that go with emotions	raised voice, aggression, fight type behavior, avoidance in the case of hated entities	crying, dejection, slowing down, isolation, increase in a negative outlook
Relationships	anger can be good if a person is not paying attention to the rights of another, chronic anger usually harmful to relationships	important in repairing relationships where someone was hurt, adjusting in relationships where there has been common loss between two people
Addiction issues where this emotion may play an outsized role	not clear	stimulants, alcohol
Mental Health Challenges where this emotion plays a large role	ADHD, Autism, oppositional disorders, some anti-social behaviors	depression, complex grief, neurocognitive disorders/TBI, suicide, despair, some delusions
Special Notes	while related, mad emotion is NOT the same as violence/aggression	sad is about adjustment, chronic depression stops emotional dynamism

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FW 2.0 Feeling Family General Features		
	PEACEFUL	POWERFUL
Dictionary Definition	sense/state of mind “untroubled by conflict, agitation, or commotion” (having great power, prestige, or influence
Ken’s Rule of Thumb Definition	being OK and not needing anything else here and now	these are the emotions that help us make decisions, feel that we have a choice in situations, and help us think that things can get better
What's its job?	relax, rest, repair and contemplate	making decisions, know we have choices, hope, understanding personal worth, improve self-esteem
What job is it bad at?	when should be scared, when motivation is needed, subject to manipulation	hubris, contempt for others, can lead to a false sense of security
Behaviors that go with emotions	stable, relaxed, stay where you are	erect posture, making decisions, stable affect
Relationships	important for feeling safe with someone	important to maintain healthy relationships, especially in hard times
Addiction issues where this emotion may play an outsized role	food addiction, cannabis, benzodiazepines, opiates, alcohol	none is clear, would likely be similar to the additions of joyful emotions
Mental Health Challenges where this emotion plays a large role	Borderline Personality Disorder, mania, anxiety, Obsessive Compulsive Disorder	some delusion especially those with grandiosity, self-harm, anti-social disorders, bullying, sexual abuse, Sexual Sadism Disorder

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