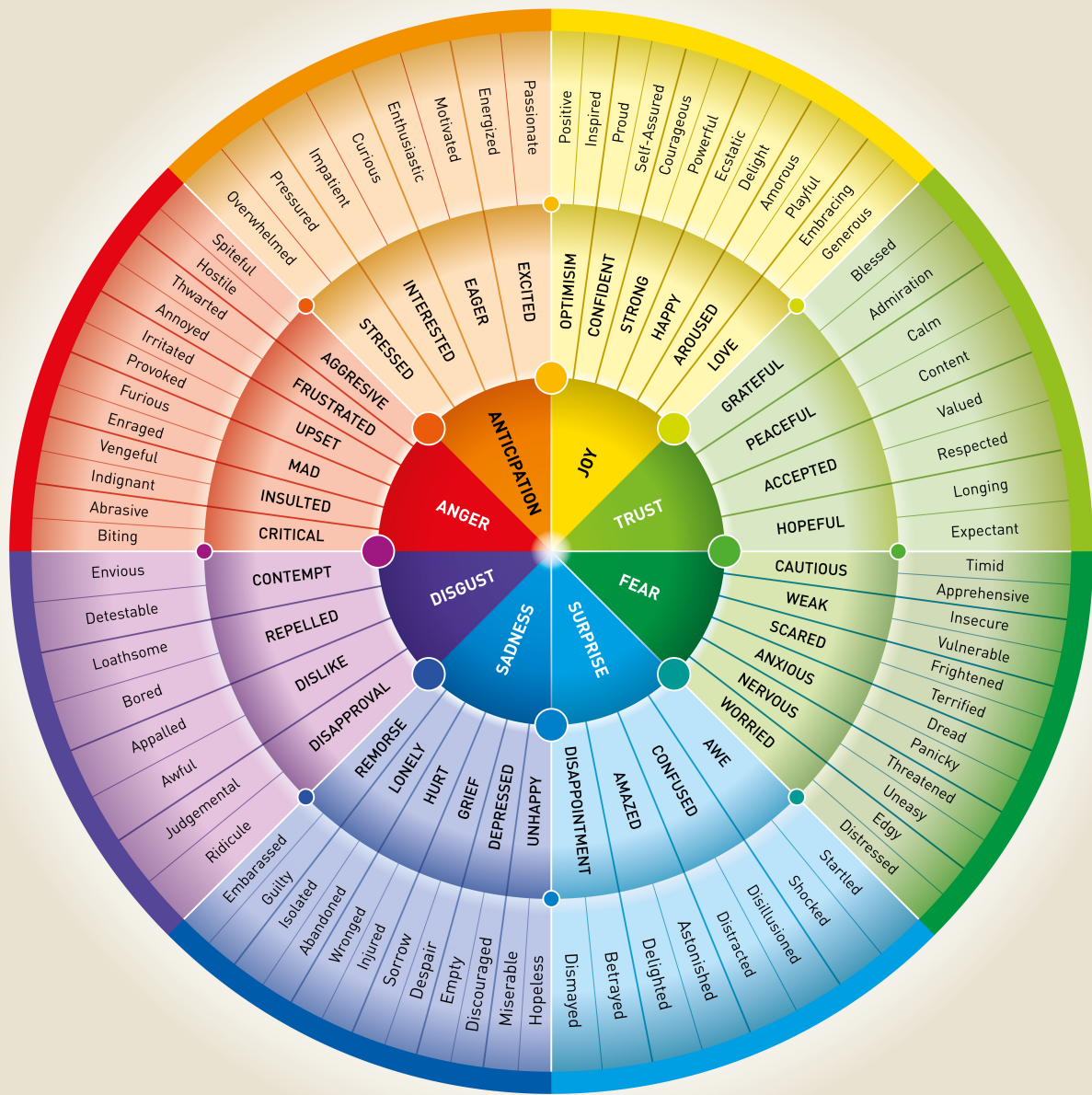


# EMOTIONS WHEEL



## EMOTIONS COMPOSED of

## ADVANCED EMOTIONS

ANTICIPATION	+	JOY	=	OPTIMISM
JOY	+	TRUST	=	LOVE
TRUST	+	FEAR	=	HOPEFUL
FEAR	+	SURPRISE	=	AWE
SURPRISE	+	SADNESS	=	DISAPPOINTMENT
SADNESS	+	DISGUST	=	REMORSE
DISGUST	+	ANGER	=	CONTEMPT
ANGER	+	ANTICIPATION	=	AGGRESSIVENESS

## EMOTIONAL QUOTIENT (EQ)

Also known as emotional intelligence, is the awareness to manage and handle emotions.