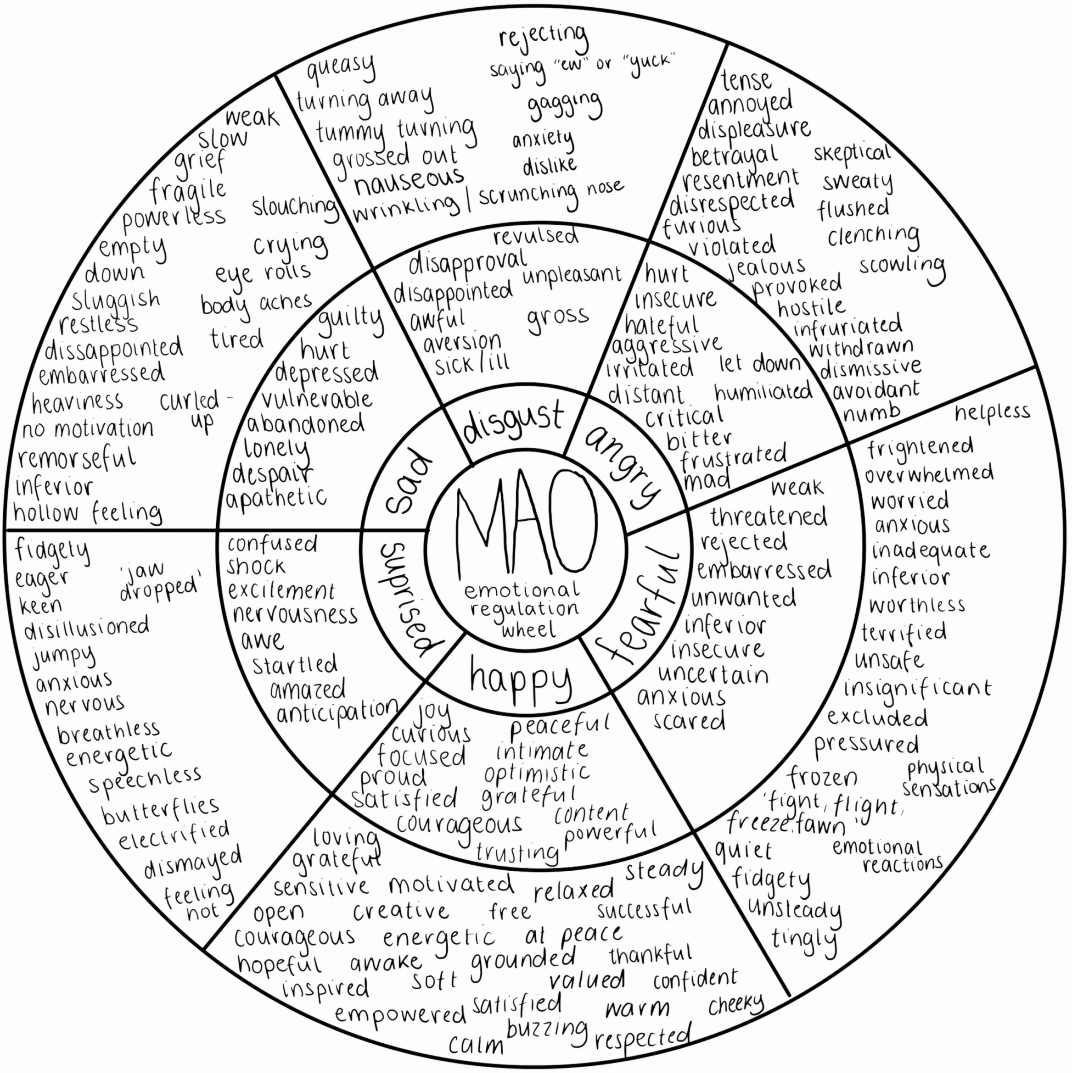
MAO
emotional regulation wheel
sad
disgust
angry
surprised
happy
fearful
weak
slow
grief
fragile
powerless
slouching
empty
crying
down
eye rolls
sluggish
body aches
restless
tired
dissappointed
embarressed
heaviness
curled-up
no motivation
remorseful
inferior
hollow feeling
queasy
turning away
tummy turning
grossed out
nauseous
wrinkling / scrunching nose
rejecting
saying "ew" or "yuck"
gagging
anxiety
dislike
revulsed
disapproval
disappointed
unpleasant
awful
gross
aversion
sick/ill
guilty
hurt
depressed
vulnerable
abandoned
lonely
despair
apathetic
tense
annoyed
displeasure
betrayal
skeptical
resentment
sweaty
disrespected
flushed
furious
clenching
violated
jealous
scowling
provoked
hostile
hurt
insecure
hateful
aggressive
irritated
let down
distant
humiliated
critical
bitter
frustrated
mad
withdrawn
dismissive
avoidant
numb
helpless
frightened
overwhelmed
worried
anxious
inadequate
inferior
worthless
terrified
unsafe
insignificant
excluded
pressured
frozen
physical sensations
'fight, flight, freeze, fawn'
quiet
emotional reactions
fidgety
unsteady
tingly
weak
threatened
rejected
embarressed
unwanted
inferior
insecure
uncertain
anxious
scared
fidgety
eager
'jaw dropped'
keen
disillusioned
jumpy
anxious
nervous
breathless
energetic
speechless
butterflies
electrified
dismayed
feeling not
confused
shock
excitement
nervousness
awe
startled
amazed
anticipation
joy
curious
peaceful
focused
intimate
proud
optimistic
satisfied
grateful
courageous
content
powerful
trusting
loving
grateful
steady
sensitive
motivated
relaxed
open
creative
free
successful
courageous
energetic
at peace
hopeful
awake
grounded
thankful
inspired
soft
valued
confident
empowered
satisfied
warm
cheeky
calm
buzzing
respected