

# Plutchik's Wheel of Emotions

Primary emotions are hypothetical constructs or idealized states whose properties and characteristics can only be derived from different types of evidence.

Primary emotions can be conceptualized in terms of pairs of polar opposites.

All emotions vary in their degree of similarity to each other.

Each emotion can exist in different degrees of intensity or level of arousal.

## Plutchik's Wheel of Emotions

Plutchik first proposed his wheel model in 1980 to describe how emotions are related.

He proposed 8 primary bipolar emotions: joy versus sadness; anger versus fear; trust versus disgust; and surprise versus expectation. In addition, his circumplex model establishes connections between the idea of an emotion circle and a color circle. Like colors, primary emotions can be expressed in different intensities and can mix with each other to form different emotions.

