

Geneva Emotion Wheel Version 3.0

Instructions

(TO BE ADAPTED ACCORDING TO THE INTENDED USE)

This instrument, called the *Geneva Emotion Wheel*, is used to measure as precisely as possible the emotion you experienced ... (INSERT DETAILED INSTRUCTIONS FOR YOUR STUDY HERE)

In order to make it easier for you to report the type of emotion you experienced, 20 different emotions are arranged in a circular fashion on the following response sheet. Please note that the words provided often represent a large "emotion family" and may thus refer to a whole range of similar emotions. Thus, the Anger family also covers emotions such as rage, vexation, annoyance, indignation, fury, exasperation, or being cross or mad; the Fear family includes anxiety, worry, apprehensiveness, fright, or panic. Some of the words, such as love, hate, or guilt, can be used to refer to long-term affective states; but in this case checking those labels means that you have had a salient temporary feeling that belongs to the families of Love, Hate, or Guilt.

First identify approximately what the event that produced the emotion meant to you and choose the emotion family that seems to best correspond to the kind of feeling you experienced when this happened, even though the words on the sheet may not capture all facets of your experience. Then determine with which intensity you experienced the respective emotion and check one of the circles in the "spike" corresponding to this emotion family -- the bigger the circle and the closer it is to the rim of the wheel, the stronger your emotional experience would have been. Different intensities often correspond to different members of an emotion family. Thus, irritation can be considered a less intense emotion belonging to the Anger family and anxiety a less intense emotion belonging to the Fear family. For less intense emotions, please check one of the smaller circles in the spike. If the emotion was very intense, please check the largest circle of the spike.

(CHOOSE ONE OF THE FOLLOWING RESPONSE FORMATS ACCORDING TO YOUR RESEARCH AIMS)

(ALTERNATIVE 1 - PARTICIPANT CHOOSES ONE EMOTION ONLY)

Please rate the intensity of the emotion in the wheel which best describes what you felt. If you did not feel any emotion at all, please check the upper half circle in the center of the wheel (labeled "None"). If you experienced an emotion that is very different from any of the emotions in the wheel, please check the lower half circle (labeled "Other").

(ALTERNATIVE 2 - ALLOW CHOICE OF SEVERAL SIMULTANEOUS EMOTIONS OR BLENDS)

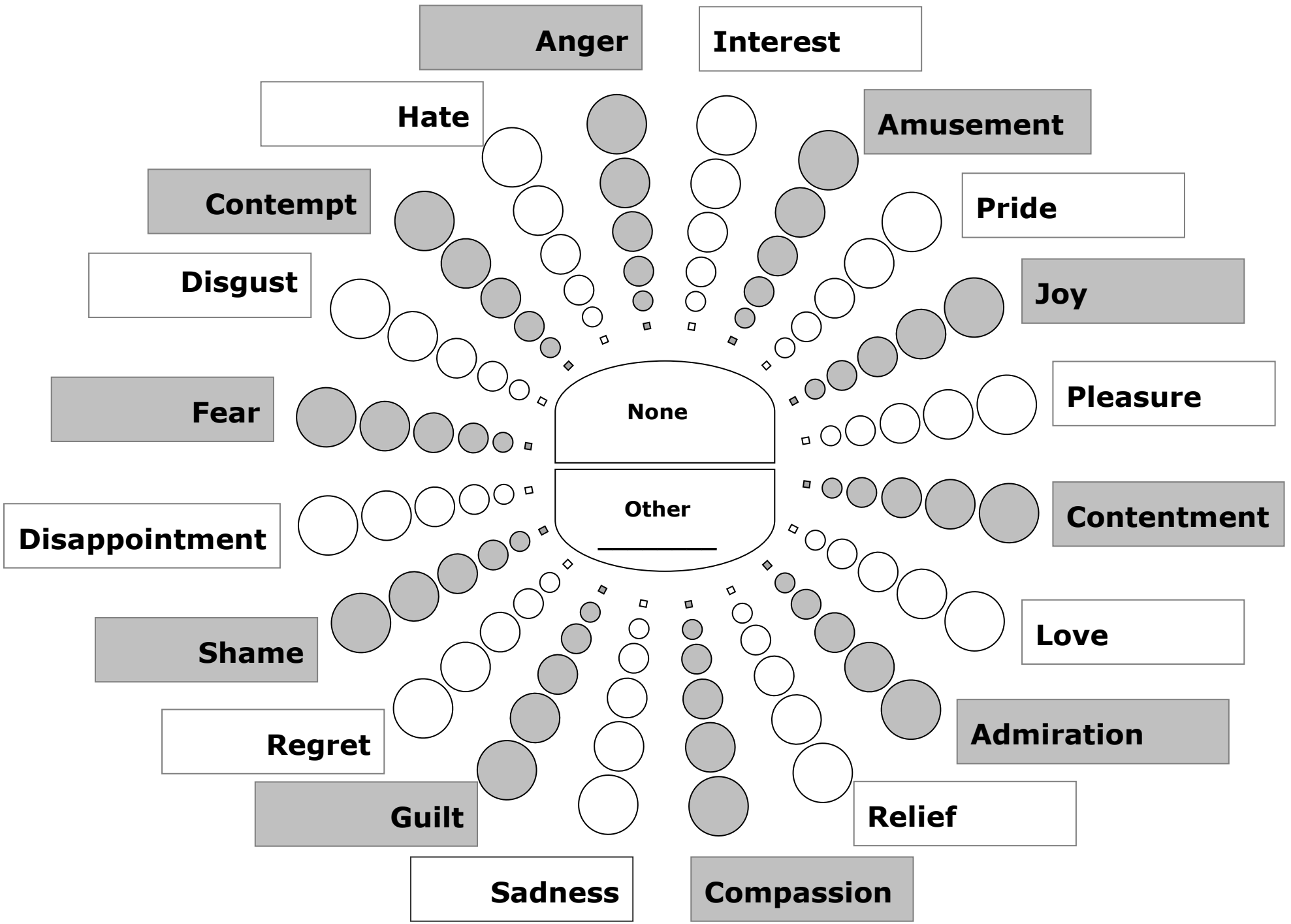
Our emotions are sometimes blended or mixed and may contain many different components. Please rate the intensity of those emotions in the wheel that contributed to what you felt, even if the intensities are different. If you did not

feel any emotion at all, please check the upper half circle in the center of the wheel (labeled "None"). If you experienced an emotion that is very different from any of the emotions in the wheel, please check the lower half circle (labeled "Other").

(ALTERNATIVE 3 – FORCED RATING OF ALL EMOTIONS IN THE WHEEL, IN CASE EXPLICIT RATINGS ARE REQUIRED FOR ALL EMOTIONS)

Our emotions are often blended or mixed and contain many different components. Please rate the intensity of all the emotions in the wheel with respect to what you felt, even if the intensities are very low. For those emotions that were not at all part of your reaction, please check the small box under the smallest circle, respectively.

(IF YOU WANT RESPONDENTS TO REPORT EMOTIONS THEY FELT AND THAT ARE NOT LISTED ON THE WHEEL YOU CAN TELL THEM IN YOUR INSTRUCTIONS TO WRITE THE RESPECTIVE WORD OR EXPRESSION IN THE SPACE PROVIDED IN THE "OTHER" HALF CIRCLE IN THE CENTER OF THE WHEEL.



Anger

Interest

Hate

Amusement

Contempt

Pride

Disgust

Joy

Fear

None

Pleasure

Other

Contentment

Disappointment

Love

Shame

Admiration

Regret

Relief

Guilt

Sadness

Compassion