

Emotions Work

EVALUATE 😊 REGULATE 😊 MANAGE



LOVE



JOY



SURPRISE



ANGER



SADNESS



FEAR



REFLECT BACK ON MY DAY — *In the evening*

1. WHAT EMOTIONS DID I FEEL? — *Label them*
2. WHAT CAUSED THE EMOTION? — *Activating event*
3. WAS THE EMOTION I IDENTIFIED THE REAL EMOTION?
ANGER masks hurt, humiliation, frustration, rejection.
4. DID I HONOR THE EMOTION?
This is a normal, legitimate response. Anyone would feel _____ as a result of what happened.
5. HOW DID I EXPRESS THE EMOTION?
Did I express it appropriately?
6. AM I HAPPY WITH HOW I RESPONDED?
What will I do differently next time?



IDENTIFY EMOTIONAL PATTERNS



PRIMARY EMOTIONS	SECONDARY EMOTIONS	TERTIARY EMOTIONS
Love	Affection	Adoration, Affection, Love, Fondness, Liking, Attraction, Caring, Tenderness, Compassion, Sentimentality
	Lust	Arousal, Desire, Lust, Passion, Infatuation
	Longing	Longing
Joy	Cheerfulness	Amusement, Bliss, Cheerfulness, Gaiety, Glee, Jolliness, Joviality, Joy, Delight, Enjoyment, Gladness, Happiness, Jubilation, Elation, Satisfaction, Ecstasy, Euphoria
	Zest	Enthusiasm, Zeal, Zest, Excitement, Thrill, Exhilaration
	Contentment	Contentment, Pleasure
	Pride	Pride, Triumph
	Optimism	Eagerness, Hope, Optimism
	Enthrallment	Enthrallment, Rapture
	Relief	Relief
Surprise	Surprise	Amazement, Surprise, Astonishment
Anger	Irritation	Aggravation, Irritation, Agitation, Annoyance, Grouchiness, Grumpiness
	Exasperation	Exasperation, Frustration
	Rage	Anger, Rage, Outrage, Fury, Wrath, Hostility, Ferocity, Bitterness, Hate, Loathing, Scorn, Spite, Vengefulness, Dislike, Resentment
	Disgust	Disgust, Revulsion, Contempt
	Envy	Envy, Jealousy
	Torment	Torment
Sadness	Suffering	Agony, Suffering, Hurt, Anguish
	Sadness	Depression, Despair, Hopelessness, Gloom, Glumness, Sadness, Unhappiness, Grief, Sorrow, Misery, Melancholy
	Disappointment	Dismay, Disappointment, Displeasure
	Shame	Guilt, Shame, Regret, Remorse
	Neglect	Alienation, Isolation, Neglect, Loneliness, Rejection, Homesickness, Defeat, Dejection, Insecurity, Embarrassment, Humiliation, Insult
	Sympathy	Pity, Sympathy
Fear	Horror	Alarm, Shock, Fear, Fright, Horror, Terror, Panic, Hysteria, Mortification
	Nervousness	Anxiety, Nervousness, tenseness, Uneasiness, Apprehension, Worry, Distress, Dread