

Identifying emotions

It is one thing naming emotions, and another identifying them in the moment you are feeling them.

Using the list below, try to identify how you are feeling this very moment. Highlight as many words as you like. Then, using a different colour, highlight the emotions you have been feeling over the past week

Happy delighted ecstatic excited cheerful hopeful	Angry resentful furious frustrated irritated jealous bitter betrayed humiliated	Peaceful relaxed satisfied content fulfilled relieved	Uncomfortable restless disconcerted confused overwhelmed tired
Sad depressed flat morose devastated miserable hurt	Vulnerable worthless insecure powerless fragile insignificant	Playful inquisitive creative cheeky sensuous	Ashamed guilty embarrassed regretful
Afraid terrified panicked uneasy worried anxious nervous	Surprised shocked baffled amazed alarmed	Confident proud empowered open secure	Hopeful enthusiastic energised optimistic inspired encouraged
		Lonely abandoned isolated	Disgusted horrified disappointed