

The Emotions Guide

A GUIDE TO HELP YOU RECOGNISE AND NAME WHAT YOU FEEL

Scan down each column to find the words that fit best. Emotions can offer clues about what matters, what has happened, and what you may need.

 Joy	 Surprise	 Sadness	 Fear	 Anger	 Disgust	 Shame
Content	Amazed	Lonely	Anxious	Frustrated	Disapproving	Embarrassed
Grateful	Confused	Hurt	Insecure	Resentful	Uneasy	Regretful
Hopeful	Startled	Empty	Worried	Irritated	Repelled	Exposed
Proud	Curious	Disappointed	Nervous	Annoyed	Bothered	Guilty
Playful	Intrigued	Sorrowful	Uneasy	Betrayed	Disturbed	Self-conscious
Optimistic	Astonished	Grieving	Apprehensive	Agitated	Uncomfortable	Inferior
Satisfied	Unexpected	Vulnerable	Overwhelmed	Bitter	Distrustful	Unworthy
Cheerful	Interested	Discouraged	Frightened	Jealous	Withdrawn	Remorseful
Happy	Shocked	Heartbroken	Helpless	Furious	Averse	Humiliated
Excited	Bewildered	Regretful	Panicked	Hostile	Revolted	Inadequate
Delighted	Stunned	Longing	Threatened	Provoked	Nauseated	Rejected
Joyful	Overwhelmed	Despairing	Terrified	Enraged	Appalled	Disgraced

Notice · Name · Explore

1**NOTICE**

What do you notice in your body right now?

2**NAME**

Scan the columns above — which word fits best right now?

3**EXPLORE**

What might this feeling be telling you? What do you need?

SOURCES

Lieberman, M.D. et al. (2007). Affect labelling and amygdala activity.
Ekman, P. (1992). An argument for basic emotions.

NOTE

Evidence-informed educational resource.
Independently written and designed for
B&F educational use.