

Understanding Feelings

Identifying Feelings

Every human has 5 primary emotions: **JOY, SADNESS, FEAR, ANGER, DISGUST**

Directions: Circle all of the feelings you've experienced within the past week. Underline the feelings you've experienced the most intensely. Add any others you've experienced in the space below.

irritable excited passionate depressed rejected lonely calm worthless
disgusted pressured guilty powerless happy anxious hopeful unsafe angry
fearful secure stressed jealous overwhelmed confident fake melancholy
ashamed stuck curious optimistic powerful affectionate surprised brave zen
awkward sensitive unique vulnerable satisfied outraged safe insulted
melodramatic shy witty proud reluctant overjoyed withdrawn loved hesitant

Reflection: Write or discuss the following questions:

1. For the feelings you circled, what do you think caused these feelings?
2. For the feelings you underlined, what do you think caused these feelings?
3. How do you typically respond to the negative feelings you've circled and/or underlined?
4. Are there any feelings you've circled and/or underlined that you experience on a regular basis? If so, how often (daily, weekly, etc.) and when did this frequency begin?

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Feelings Intensity and Body Response

Directions: Fill in the ratings below to indicate how intensely you've experienced each feeling within the past week, with 0 being not at all and 10 being the most intense.

	0	1	2	3	4	5	6	7	8	9	10
JOYFUL											
ANXIOUS											
FRUSTRATED											
FEARFUL											
DEPRESSED											
CALM											
JEALOUS											
DISGUSTED											
CONTENT											
HOPEFUL											

Directions: For each of the primary feelings listed below, write about or discuss the physical symptoms that you experience in your body. Refer to the box below for suggestions

JOY ANGER FEAR DISGUST SADNESS

faster heart rate	tension in neck and shoulders	stomachache	tightness in chest		
weakened or shaky legs	sweaty palms	slower heart rate	furrowed brows	headache	
reddened or hot cheeks	clenched teeth	steady breath	clenched fists	pursed lips	
shallow or quickened breathing	nausea	more energy	shaky	urge to run	heaviness