



NAMING OF EMOTIONS

Here is a list of emotions to use in the exercise of expressing the way you feel with words. If we can name the emotion, it is easier to process through. This practice will help as we start to develop more awareness around overall feelings. Feel free to print and start using daily.

You have permission to share this where you see appropriate.

Anxious	Miserable	Nervous
Bored	Happy	Surprised
Fear	Sad	Confused
Skeptical	Unsure	Encouraged
Hesitant	Perplexed	Stunned
Glad	Pessimistic	Upset
Delighted	Interested	Angry
Afraid	Joyful	Tense
Shy	Loving	Annoyed
Curious	Grateful	Silly
Disappointed	Critical	Bored
Reflective	Peaceful	Surprised
Determined	Frustrated	Brave
Connected	Proud	Anxious
Calm	Embarrassed	Jealous
Lonely	Calm	Tired