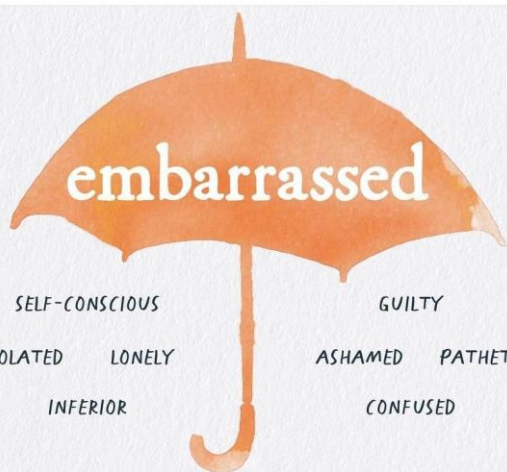




SELF-CONSCIOUS GUILTY
ISOLATED LONELY ASHAMED PATHETIC
INFERIOR CONFUSED

Go beyond the obvious umbrella term to identify
exactly what you're feeling.

SUSAN DAVID

EMOTIONAL AGILITY



FRUSTRATED IRRITATED
GRUMPY ANNOYED DISGUSTED OFFENDED
DEFENSIVE SPITEFUL

Go beyond the obvious umbrella term to identify
exactly what you're feeling.

SUSAN DAVID

EMOTIONAL AGILITY

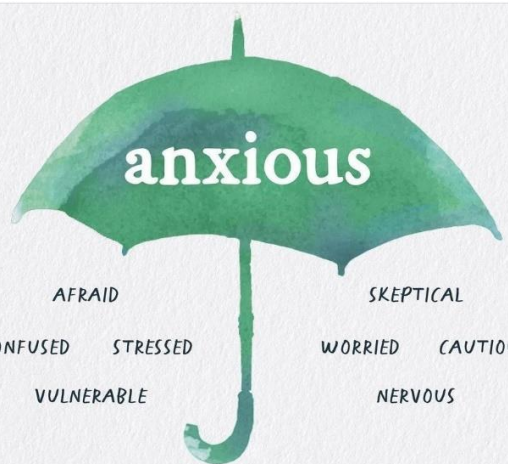


THANKFUL EXCITED
TRUSTING CONTENT RELIEVED ELATED
COMFORTABLE CONFIDENT

Go beyond the obvious umbrella term to identify
exactly what you're feeling.

SUSAN DAVID

EMOTIONAL AGILITY

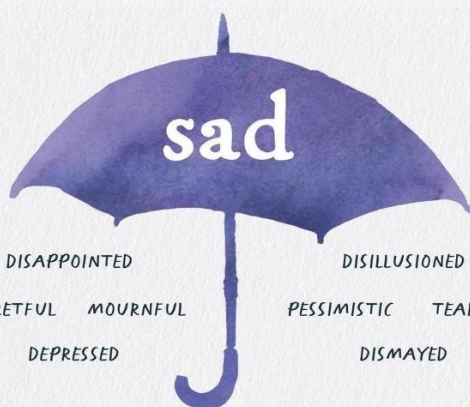


AFRAID SKEPTICAL
CONFUSED STRESSED WORRIED CAUTIOUS
VULNERABLE NERVOUS

Go beyond the obvious umbrella term to identify
exactly what you're feeling.

SUSAN DAVID

EMOTIONAL AGILITY



DISAPPOINTED DISILLUSIONED
REGRETFUL MOURNFUL PESSIMISTIC TEARFUL
DEPRESSED DISMAYED

Go beyond the obvious umbrella term to identify
exactly what you're feeling.

SUSAN DAVID

EMOTIONAL AGILITY



JEALOUS VICTIMIZED
BETRAYED ISOLATED TORMENTED DEPRIVED
SHOCKED ABANDONED

Go beyond the obvious umbrella term to identify
exactly what you're feeling.

SUSAN DAVID

EMOTIONAL AGILITY

Your turn! Fill in the blank with your “go to” quick and easy label for your feeling.



SUSAN DAVID

EMOTIONAL AGILITY

Next, pause to carefully consider your emotion. Write the specific terms that describe what you're feeling under the umbrella emotion.



SUSAN DAVID

Accurate labeling
is the first step of
EMOTIONAL AGILITY