

## **Emotional Literacy: Naming Feelings**

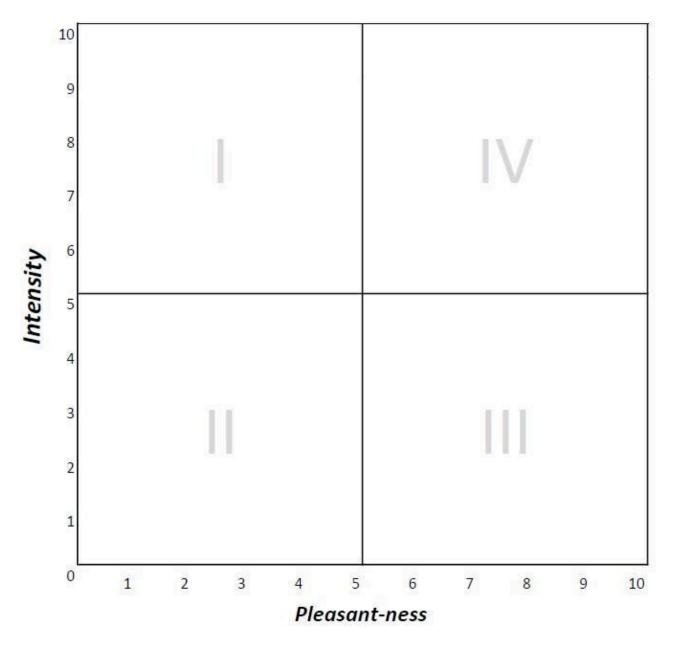
## Challenge - come up with 20 feeling words for each quadrant. How many can you name?

Quadrant 1: Intense, Unpleasant Feelings (rage, grief, disgust)

Quadrant 2: Mild, Unpleasant Feelings (boredom, irritation, doubt)

Quadrant 3: Mild, Pleasant Feelings (peacefulness, acceptance or affection)

Quadrant 4: Intense, Pleasant Feelings (ecstasy, adoration, triumph, vigor)



At the Heart of Leadership: How to Get Results with Emotional Intelligence, Freedman, J. and Salovey, P.

2012 Six Seconds.