

Emotion Identification Worksheet



Identify What You're Feeling



Goal: Move from broad emotion category toward precise label. (Close is good enough!)

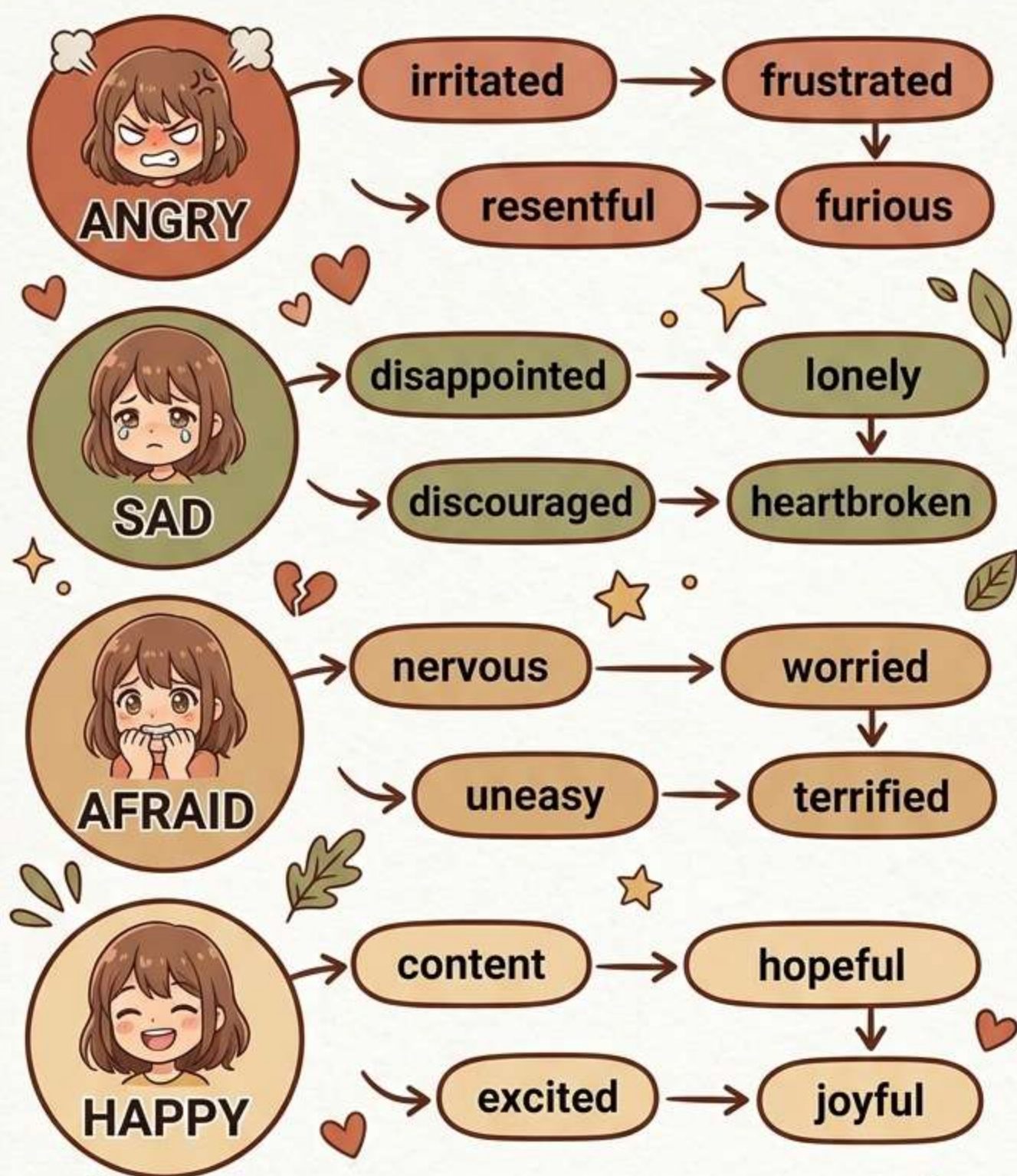
QUICK CHECK-IN PROMPTS:

- ☐ What happened? _____
- ☐ What emotion feels closest? _____
- ☐ What other emotion describes it? _____
- ☐ How strong is the emotion? _____
- ☐ What do I need right now? _____



Feelings Vocabulary Worksheet

Best for: Kids, Teens, and Adults.



Note for Personal Language



Feelings Wheel Worksheet

- **Best for:** General emotion to precise feeling identification
- **Difficulty:** Easy to moderate
- **Age group:** Teens and adults



HOW TO USE: Simple Three-Pass Approach

1 Find the Broad Emotion



2 Move Toward Specific

FRUSTRATION
IRRITATION
RESENTMENT



3 Choose the Best Fit



Is it RAGE or DISAPPOINTMENT?

Choose accuracy over drama.



PRO-TIP:

Use to explore labels, not as a test. Multiple words can fit.
Broad → Related → Specific

Emotion Differentiation Worksheet

Best for: Teens & Adults | **Difficulty:** Moderate.
For distinguishing similar-looking feelings.

Compare Question	Emotion A	Emotion B	Context
What happened? Circle the best fit	 vs.  Frustrated Frustrated ☐ Pre - best fit ☐	☐ _____ ☐ _____	
What word fits first? Circle the best fit	 vs.  Guilty Ashamed ☐ Pre - best fit ☐	☐ _____ ☐ _____	
Thoughts that come? Circle the best fit	 vs.  Nervous Excited ☐ Pre - best fit ☐	Write _____ ☐ _____	
Body sensations? Circle the best fit	 vs.  Lonely Rejected ☐ Pre - best fit ☐	Write _____ ☐ _____	
What do I want to do? Circle the best fit	 vs.  Disappointed Hurt ☐ Pre - best fit ☐	Write _____ ☐ _____	



BODY-TO-EMOTION ID WORKSHEET

Best for: People who notice
physical sensations first

Best for: People who feel physical sensations first

Difficulty: Moderate

Age group: Kids, Teens, and Adults

 WHAT SENSATION DO I NOTICE?	 EMOTION WORDS THAT COULD FIT?
 Tight chest 	→ uneasy, anxious
 Clenched jaw	→ angry, frustrated
 Butterflies in stomach	→ excited, nervous

The worksheet is an identification aid, not a diagnostic tool.

 Sensation

Possible Emotion Labels

 Location

 Emotion



Therapy

Identifying Emotions

Structured place to record emotional experiences before therapy sessions.



Target Group: Teens & Adults | **Difficulty:** Moderate
Use: For between sessions.



Situation:

What happened?





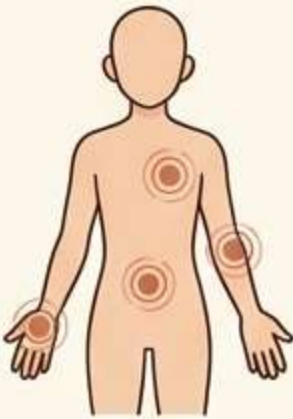
First Reaction:

What did you notice immediately?

3

Body:

What physical sensations appeared?



4

Emotion:

What feeling seems closest?



Angry



Sad



Anxious



Joyful



Daugh



Confusion



5

Intensity:

How strong did it feel? (1-10)



1 2 3 4 5 6 7 8 9 10

6

Emotion
Aisxiory Anxious
Confiaon Emotion
Eard

Other Possibilities: Could another emotion fit?

7

What I'd like to discuss: What part stands out?





MIXED EMOTIONS ID



Best for:
People who feel two
emotions at once.

Age group:
Teens and adults

Difficulty:
Moderate

EMOTION 1

What feeling comes up?

What seems connected to it?

How strong is it?

1 2 3 4 5 6 7 8 9 10

EMOTION 2

What feeling comes up?

What seems connected to it?

How strong is it?

1 2 3 4 5 6 7 8 9 10

Example:

If I could describe the whole experience in one sentence, what would I say?

I'm excited about the change, but I'm also scared...

The goal here is simply to recognize and label what's present.



DAILY EMOTION IDENTIFICATION LOG

Best for: Quick daily emotion practice | **Difficulty:** Easy | **Age:** Teens & Adults



TODAY'S ENTRY

(Example)

WHAT HAPPENED?

(Prompt: My friend didn't reply)



WHAT DID I FEEL?

(Disappointed)

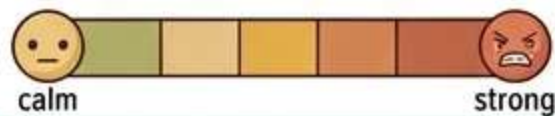


WHAT ELSE?

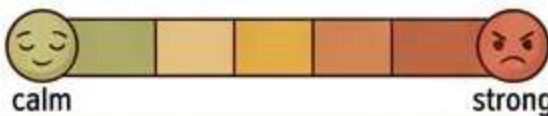
(A little rejected)



HOW STRONG? (6/10)



HOW STRONG? (6/10)



WHAT DID I NEED?

(Reassurance)



MY DAILY LOG

Date	Time	Event	Feeling	Intensity 1-10	Need

