

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 _____ ☐ _____	

