

Emotion Identification Worksheet

- Go beyond "I feel bad". When broad labels aren't enough, this worksheet helps you look closer. The goal is to get more specific, not perfect. For example, 'stressed' might be a mix of overwhelmed, worried, and frustrated.



1. WHAT AM I FEELING RIGHT NOW?

- ☐ Broad Label (e.g., bad, sad, upset) _____
- ☒ Getting Specific (check any that fit):
 - ☐ Disappointed ☐ Embarrassed ☐ Rejected
 - ☐ Irritated ☐ Lonely ☐ Worried
 - ☐ Other: _____

2. WHAT HAPPENED JUST BEFORE?



Dictionary-style

- audied
- aatonact
- Rejected
- Worried
- Worried
- Frustrated
- Irritated
- Lonely
- Worried
- Other:



3. WORDS TO DESCRIBE IT?

- Look closer: Is it two emotions together? (e.g., Overwhelmed + Worried + Frustrated)

- Find the closest words. _____

4. WHERE IN MY BODY?

Describe physical sensations (tightness, butterflies, tension).



5. WHAT IS IT TELLING ME?

Emotional awareness starts with listening. What might this feeling need?

