










## IDENTIFYING FEELINGS

Emotions	Variations of the Emotion	Thoughts that Trigger Emotion	Personal Example
 Angry	Irritated, annoyed, frustrated, hostile, rageful	<ul style="list-style-type: none"> <li>- Something is unfair</li> <li>- Someone is trying to hurt me</li> <li>- Should statements</li> </ul>	
 Sad	Down, glum, depressed, miserable, despondent	<ul style="list-style-type: none"> <li>- Loss (e.g., person, situation, role, identity)</li> </ul>	
 Afraid	Apprehensive, nervous, worried, anxious, fearful, terrified, petrified	<ul style="list-style-type: none"> <li>- Danger/threat</li> </ul>	
 Disgusted	Turned off, appalled, repulsed, repelled, offended, revolted	<ul style="list-style-type: none"> <li>- Contamination</li> <li>- Violation</li> </ul>	
 Guilty	Apologetic, responsible, blaming, remorseful	<ul style="list-style-type: none"> <li>- Own behaviour as bad</li> </ul>	
 Ashamed	Embarrassed, disgraced, humiliated, mortified	<ul style="list-style-type: none"> <li>- Overall self as bad</li> </ul>	
 Happy	Content, pleased, glad, delighted, thrilled, ecstatic, elated	<ul style="list-style-type: none"> <li>- Self/others/the world as positive</li> <li>- Gain of some sort</li> </ul>	
 Jealous	Envious, bitter, resentful	<ul style="list-style-type: none"> <li>- Threat (to self) + unfairness</li> <li>- Social comparisons</li> </ul>	
 Disappointed	Let down, displeased dissatisfied, disheartened	<ul style="list-style-type: none"> <li>- Loss + unfairness</li> </ul>	