

Identifying Core Emotions

Below is a list of words that can be combined with an “I feel” prefix to best represent how you feel in a conversation:

Able	Afraid	Alone
Angry	Annoyed	Awkward
Concerned	Confident	Conflicted
Disappointed	Embarrassed	Enthusiastic
Excited	Frustrated	Glad
Guilty	Happy	Helpless
Hopeful	Hurt	Intimidated
Irritated	Lonely	Low
Overwhelmed	Powerless	Sad
Satisfied	Scared	Tired
Unhappy	Uncertain	Uncomfortable
Upset	Vulnerable	Worried

Using the list of “I feel” words, fill in the following:

Which are happy “I feel” statements?

Which are angry “I feel” statements?

Which are sad “I feel” statements?

Which are fearful (afraid) “I feel” statements?

Anger

Anger is a common emotion. These are some of the ways individuals *experience* anger in their bodies, and also some of the ways anger can be *expressed*.

Despite people feeling they have no control over their anger, anger is actually just an emotion. It is NOT a behaviour!

Glare, Scowl	Punch wall	Talk down or insult
Hot & Flushed	Tearful, weepy	Clench fists
Pursue	Feel sick or nauseous	Pace
Breathe more quickly	Give the cold shoulder	Play it over and over in your head
Scream and Yell	Posture and intimidate	Argue

Take a minute to jot down what you typically do when you feel and express anger. Remember to slow down and notice the progression from 0 - 100. This awareness helps you recognize and become more aware of your anger, so you can CHOOSE how you want to respond, and not just react!

Which Way Do You Tend to Display Your Anger?

List some of your common behaviours when you are angry

Passive	Aggressive

Constructive and Destructive ways to Express Emotion

If you feel STUCK in your emotions, there are things you can do to express them. This can help to work them out. What are some of the ways that you can work out or through painful or strong emotions?

Role plays or sharing circles:

	Constructive Ways to Express Emotion	Destructive Ways to Express Emotion
Anger		
Sadness		
Fear		