

IDENTIFY EMOTIONS WORKSHEET

Think about each emotion, find an event that triggers that emotion in you, and then write down your physical emotion.

Emotion	Definition	
admiration	feeling impressed, pride, amazement	
adoration	love, adoration, happiness	
aesthetic appreciation	awe, calmness, wonder	
amusement	amusement, laughter, humor	
anger	anger, angry disgust, boiling with anger	
anxiety	anxiety, fear, nervousness	
awe	awe, amazement, feeling impressed	
awkwardness	awkwardness, amused embarrassment, embarrassment	
boredom	boredom, annoyance, lack of interest	
calmness	calmness, peacefulness, serenity	
confusion	confusion, curiosity, interested confusion	
craving	hunger, desire, satiation of hunger	
disgust	disgust, feeling grossed out, extreme disgust	
empathic pain	pain, empathic pain, shock	
entrancement	interest, amazement, feeling intrigued	
excitement	excitement, adrenaline rush, awe	

fear	fear, feeling scared, extreme fear	
horror	shock, horror, feeling scared	
interest	interest, amazement, feeling intrigued	
joy	happiness, extreme happiness, love	
nostalgia	nostalgia, boredom, reminiscence	
relief	relief, deep relief, sense of narrow escape	
romance	love, romantic love, romance	
sadness	sadness, extreme sadness, sympathy	
satisfaction	feeling impressed satisfaction, awestruck surprise	
sexual desire	sexual arousal, feeling horny, sexual desire	
surprise	surprise, shock, amazement	