# NAME YOUR EMOTION

Naming or labeling feelings is so important; when we put feelings into words, we change the brain's response to the emotions themselves. Choose which word describes your feeling best with the help of this chart. If you can't identify the feeling, check out the signs and behaviors which reveal your true emotions.

#### **HAPPINESS**

- Cheerful
- Content
- Excited
- Glad
- Joyful
- Pleased
- Satisfied

## SIGNS & BEHAVIORS

- Creative thinking
- Engage in Self-care
- Feeling sociable
- Helpful
- Increased energy
- Increased motivation
- Laughing
- More Active
- Optimism
- Playful
- Smiling



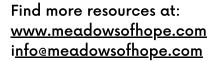
## **ANXIETY**

- Dread
- Fear
- Jittery
- Nervous
- Scared
- Stressed
- Timid
- Uneasy
- Worried



# SIGNS & BEHAVIORS

- Avoidance
- Catastrophizing
- Crying
- Difficulty Concentrating
- Digestive issues
- Headache
- Irritability
- Muscle tension
- Nail Biting
- Pacing
- Racing heart & thoughts
- Rumination
- Shortness of Breath
- Sweating
- Tapping foot
- Trembling





#### **ANGER**

- Annoyed
- Enraged
- Frustrated
- Irritated
- Mad



# SIGNS & BEHAVIORS

- Aggression
- Arguing
- Blaming
- Clenching fists
- Feeling hot
- Increased heart Rate
- Raising voice/Yelling
- Staring
- Stern/harsh voice
- Trembling
- Using Insults

## **JEALOUSY**

- Bitter
- Contempt
- Envious
- Spiteful



#### SIGNS & BEHAVIORS

- Acting possessive
- Controlling
- Fear of abandonment
- Distrust
- Making threats

# **SADNESS**

- Depressed
- Despair
- Disappointment
- Down
- Emptiness
- Grief
- Guilt
- Hopelessness
- Lonely
- Shame



# SIGNS & BEHAVIORS

- Apathy
- Changes in eating
- Crying
- Difficulty Concentrating
- Fatigue
- Inactivity
- Irritability
- Loss of interest in activity
- Negative thoughts
- Neglecting self-care
- Insecure
- Rumination
- Sleep Problems
- Sluggishness
- Social Isolation



