

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

