

Date:	

## **Emotion Identification Guide**

Recognize, understand, and process your feelings

**How to use this guide:** Check the emotions you're experiencing, identify where you feel them in your body, rate their intensity, and choose coping strategies that help. This worksheet helps you develop emotional awareness and build a toolkit for managing different feelings.

Anxious   Worried   Angry   Irritated   Irritated   Irritated   Irritated   Impatient   Outraged   Outraged   Outraged   Head & Face   Chest & Heart   Racing heart   Chest & Heart   Chest &	Depressed Hopeless Disappointed Melancholy Numb  Per & Frustration Frustrated Annoyed Resentful
Grateful	Disappointed Melancholy Numb  Per & Frustration Frustrated Annoyed
Excited	Melancholy Numb  Per & Frustration Frustrated Annoyed
Loved Proud Dejected    Dejected	Numb  Per & Frustration Frustrated Annoyed
Loved Proud Dejected  Anxiety & Fear  Anxious Worried Angry  Scared Panicked Irritated  Nervous Tense Overwhelmed Stressed Restless Uneasy Impatient Outraged  ere Do I Feel It In My Body?  Head & Face Chest & Heart Headache Tension Hot/Flushed  Dejected  Angry Irritated Irritated Inpatient Outraged  Chest & Heart I Racing heart I Tight chest I Tight chest I Shallow breathing	Numb  Per & Frustration Frustrated Annoyed
Anxiety & Fear  Anxious  Scared  Panicked  Irritated  Irritated  Furious  Overwhelmed  Stressed  Uneasy  Mere Do I Feel It In My Body?  Head & Face  Headache  Tension  Hot/Flushed  Angry  Irritated  Inpatient  Outraged  Chest & Heart  Racing heart  Tight chest  Shallow breathing	er & Frustration Frustrated Annoyed
Anxious   Worried   Angry   Irritated   Irritated   Furious   Overwhelmed   Stressed   Impatient   Outraged   Outraged   Chest & Heart   Inght chest   Inght	Frustrated Annoyed
Scared Panicked Irritated Nervous Tense Furious Overwhelmed Stressed Impatient Restless Uneasy Outraged  Panicked Irritated Furious Outraged  Paricked Restless Revision Outraged  Chest & Heart Readache Readache Rension OutrIlushed  Racing heart Tight chest Shallow breathing	Annoyed
Nervous	
Overwhelmed Stressed Impatient Outraged    Gere Do I Feel It In My Body?   Chest & Heart     Head & Face   Racing heart     Tension   Hot/Flushed   Shallow breathing	Resentful
Restless Uneasy Outraged  ere Do I Feel It In My Body?  Head & Face Chest & Heart  Headache Tension Hot/Flushed Table Shallow breathing	
Restless Uneasy Outraged  Head & Face Chest & Heart Headache Tension Hot/Flushed Shallow breathing	Agitated
Head & Face  Headache Tension Hot/Flushed  Chest & Heart  Racing heart Tight chest Shallow breathing	Bitter
Head & Face  Chest & Heart  Racing heart  Tension  Tight chest  Shallow breathing	
Tension Tight chest Hot/Flushed Shallow breathing	Stomach & Core
Hot/Flushed Shallow breathing	Butterflies
	Nausea
Jaw cienching Heart ache	Knots/tension
	Empty feeling
Arms & Hands Legs & Feet	
Clenched fists Restless legs	Overall Body
Shaking/trembling Weak knees	Overall Body  Muscle tension
Heavy arms Heavy legs Tingling Fidgeting	-

hat Triggered This Emo	Relationship issue	Health concern
Financial worry	Family situation	Social interaction
Memory/thought	Physical discomfort	News/media
Change/uncertainty	Lack of sleep	Other
oping Strategies (Check	what might help)	
oping Strategies (Check	what might help)	
Immediate F	Relief	Longer-term Support
		vrite
Immediate F  Deep breathing  Count to 10  Cold water on face	Relief  Journal/ Physical Talk to fr	vrite exercise iend/family
Deep breathing Count to 10	Relief  Journal/ Physical Talk to fr	vrite exercise iend/family
Immediate F  Deep breathing Count to 10 Cold water on face Progressive muscle relaxation	Relief  Journal/ Physical Talk to fr Professio	vrite exercise iend/family onal help on/mindfulness activities