



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.

What Am I Feeling? (Check all that apply)

Positive Emotions

- | | |
|-----------------------------------|------------------------------------|
| <input type="checkbox"/> Happy | <input type="checkbox"/> Joyful |
| <input type="checkbox"/> Content | <input type="checkbox"/> Peaceful |
| <input type="checkbox"/> Grateful | <input type="checkbox"/> Hopeful |
| <input type="checkbox"/> Excited | <input type="checkbox"/> Confident |
| <input type="checkbox"/> Loved | <input type="checkbox"/> Proud |

Sadness & Low Mood

- | | |
|-----------------------------------|---------------------------------------|
| <input type="checkbox"/> Sad | <input type="checkbox"/> Depressed |
| <input type="checkbox"/> Lonely | <input type="checkbox"/> Hopeless |
| <input type="checkbox"/> Empty | <input type="checkbox"/> Disappointed |
| <input type="checkbox"/> Grief | <input type="checkbox"/> Melancholy |
| <input type="checkbox"/> Dejected | <input type="checkbox"/> Numb |

Anxiety & Fear

- | | |
|--------------------------------------|-----------------------------------|
| <input type="checkbox"/> Anxious | <input type="checkbox"/> Worried |
| <input type="checkbox"/> Scared | <input type="checkbox"/> Panicked |
| <input type="checkbox"/> Nervous | <input type="checkbox"/> Tense |
| <input type="checkbox"/> Overwhelmed | <input type="checkbox"/> Stressed |
| <input type="checkbox"/> Restless | <input type="checkbox"/> Uneasy |

Anger & Frustration

- | | |
|------------------------------------|-------------------------------------|
| <input type="checkbox"/> Angry | <input type="checkbox"/> Frustrated |
| <input type="checkbox"/> Irritated | <input type="checkbox"/> Annoyed |
| <input type="checkbox"/> Furious | <input type="checkbox"/> Resentful |
| <input type="checkbox"/> Impatient | <input type="checkbox"/> Agitated |
| <input type="checkbox"/> Outraged | <input type="checkbox"/> Bitter |

Where Do I Feel It In My Body?

Head & Face

- ☐ Headache
- ☐ Tension
- ☐ Hot/Flushed
- ☐ Jaw clenching

Chest & Heart

- ☐ Racing heart
- ☐ Tight chest
- ☐ Shallow breathing
- ☐ Heart ache

Stomach & Core

- ☐ Butterflies
- ☐ Nausea
- ☐ Knots/tension
- ☐ Empty feeling

Arms & Hands

- ☐ Clenched fists
- ☐ Shaking/trembling
- ☐ Heavy arms
- ☐ Tingling

Legs & Feet

- ☐ Restless legs
- ☐ Weak knees
- ☐ Heavy legs
- ☐ Fidgeting

Overall Body

- ☐ Muscle tension
- ☐ Fatigue
- ☐ Hot/cold
- ☐ Restlessness

Emotional Intensity Level



What Triggered This Emotion?

<input type="checkbox"/> Work stress	<input type="checkbox"/> Relationship issue	<input type="checkbox"/> Health concern
<input type="checkbox"/> Financial worry	<input type="checkbox"/> Family situation	<input type="checkbox"/> Social interaction
<input type="checkbox"/> Memory/thought	<input type="checkbox"/> Physical discomfort	<input type="checkbox"/> News/media
<input type="checkbox"/> Change/uncertainty	<input type="checkbox"/> Lack of sleep	<input type="checkbox"/> Other

Specific details:

Coping Strategies (Check what might help)

Immediate Relief

- ☐ Deep breathing
- ☐ Count to 10
- ☐ Cold water on face
- ☐ Progressive muscle relaxation
- ☐ Listen to music
- ☐ Step outside
- ☐ Grounding techniques
- ☐ Call someone

Longer-term Support

- ☐ Journal/write
- ☐ Physical exercise
- ☐ Talk to friend/family
- ☐ Professional help
- ☐ Meditation/mindfulness
- ☐ Creative activities
- ☐ Healthy routine
- ☐ Self-care activities

Reflection & Learning

What did I learn about this emotion today?