

Building Your Emotional Vocabulary

Researchers are now learning that if you know more words to describe your emotions, you can lower the intensity of your feelings more easily.

Look up and learn one new emotion word from the Emotion Labelling Section.

Use a dictionary or google.

Maybe make some flashcards.

Flash cards and other resources are available at:

www.smarturl.it/STEPSPresources

Label Emotions

Tick emotions that you experience during the week. If an emotion is intense or overwhelming, shade in the box.

Love <input type="checkbox"/>	Affection <input type="checkbox"/>	Adoration <input type="checkbox"/> affection <input type="checkbox"/> love <input type="checkbox"/> fondness <input type="checkbox"/> liking <input type="checkbox"/> attraction <input type="checkbox"/> caring <input type="checkbox"/> tenderness <input type="checkbox"/> compassion <input type="checkbox"/> sentimentality <input type="checkbox"/>
	Lust <input type="checkbox"/>	Arousal <input type="checkbox"/> desire <input type="checkbox"/> lust <input type="checkbox"/> passion <input type="checkbox"/> infatuation <input type="checkbox"/>
	Longing <input type="checkbox"/>	Longing <input type="checkbox"/>
Joy <input type="checkbox"/>	Cheerfulness <input type="checkbox"/>	Amusement <input type="checkbox"/> bliss <input type="checkbox"/> cheerfulness <input type="checkbox"/> gaiety <input type="checkbox"/> glee <input type="checkbox"/> jolliness <input type="checkbox"/> joviality <input type="checkbox"/> joy <input type="checkbox"/> delight <input type="checkbox"/> enjoyment <input type="checkbox"/> gladness <input type="checkbox"/> happiness <input type="checkbox"/> jubilation <input type="checkbox"/> elation <input type="checkbox"/> satisfaction <input type="checkbox"/> ecstasy <input type="checkbox"/> euphoria <input type="checkbox"/>
	Zest <input type="checkbox"/>	Enthusiasm <input type="checkbox"/> zeal <input type="checkbox"/> zest <input type="checkbox"/> excitement <input type="checkbox"/> thrill <input type="checkbox"/> exhilaration <input type="checkbox"/>
	Contentment <input type="checkbox"/>	Contentment <input type="checkbox"/> pleasure <input type="checkbox"/>
	Pride <input type="checkbox"/>	Pride <input type="checkbox"/> triumph <input type="checkbox"/>
	Optimism <input type="checkbox"/>	Eagerness <input type="checkbox"/> hope <input type="checkbox"/> optimism <input type="checkbox"/>
	Enthrallment <input type="checkbox"/>	Enthrallment <input type="checkbox"/> rapture <input type="checkbox"/>
Relief <input type="checkbox"/>	Relief <input type="checkbox"/>	
Surprise <input type="checkbox"/>	Surprise <input type="checkbox"/>	Amazement <input type="checkbox"/> surprise <input type="checkbox"/> astonishment <input type="checkbox"/>
Anger <input type="checkbox"/>	Irritation <input type="checkbox"/>	Aggravation <input type="checkbox"/> irritation <input type="checkbox"/> agitation <input type="checkbox"/> annoyance <input type="checkbox"/> grouchiness <input type="checkbox"/> grumpiness <input type="checkbox"/>
	Exasperation <input type="checkbox"/>	Exasperation <input type="checkbox"/> frustration <input type="checkbox"/>
	Rage <input type="checkbox"/>	Anger <input type="checkbox"/> rage <input type="checkbox"/> outrage <input type="checkbox"/> fury <input type="checkbox"/> wrath <input type="checkbox"/> hostility <input type="checkbox"/> ferocity <input type="checkbox"/> bitterness <input type="checkbox"/> hate <input type="checkbox"/> loathing <input type="checkbox"/> scorn <input type="checkbox"/> spite <input type="checkbox"/> vengefulness <input type="checkbox"/> dislike <input type="checkbox"/> resentment <input type="checkbox"/>
	Disgust <input type="checkbox"/>	Disgust <input type="checkbox"/> revulsion <input type="checkbox"/> contempt <input type="checkbox"/>
	Envy <input type="checkbox"/>	Envy <input type="checkbox"/> jealousy <input type="checkbox"/>
	Torment <input type="checkbox"/>	Torment <input type="checkbox"/>
Sadness <input type="checkbox"/>	Suffering <input type="checkbox"/>	Agony <input type="checkbox"/> suffering <input type="checkbox"/> hurt <input type="checkbox"/> anguish <input type="checkbox"/>
	Sadness <input type="checkbox"/>	Depression <input type="checkbox"/> despair <input type="checkbox"/> hopelessness <input type="checkbox"/> gloom <input type="checkbox"/> glumness <input type="checkbox"/> sadness <input type="checkbox"/> unhappiness <input type="checkbox"/> grief <input type="checkbox"/> sorrow <input type="checkbox"/> woe <input type="checkbox"/> misery <input type="checkbox"/> melancholy <input type="checkbox"/>
	Disappointment <input type="checkbox"/>	Dismay <input type="checkbox"/> disappointment <input type="checkbox"/> displeasure <input type="checkbox"/>
	Shame <input type="checkbox"/>	Guilt <input type="checkbox"/> shame <input type="checkbox"/> regret <input type="checkbox"/> remorse <input type="checkbox"/>
	Neglect <input type="checkbox"/>	Alienation <input type="checkbox"/> isolation <input type="checkbox"/> neglect <input type="checkbox"/> homesickness <input type="checkbox"/> loneliness <input type="checkbox"/> rejection <input type="checkbox"/> defeat <input type="checkbox"/> embarrassment <input type="checkbox"/> dejection <input type="checkbox"/> insecurity <input type="checkbox"/> humiliation <input type="checkbox"/> insult <input type="checkbox"/>
	Sympathy <input type="checkbox"/>	Pity <input type="checkbox"/> sympathy <input type="checkbox"/>
Fear <input type="checkbox"/>	Horror <input type="checkbox"/>	Alarm <input type="checkbox"/> shock <input type="checkbox"/> fear <input type="checkbox"/> fright <input type="checkbox"/> horror <input type="checkbox"/> terror <input type="checkbox"/> panic <input type="checkbox"/> hysteria <input type="checkbox"/> mortification <input type="checkbox"/>
	Nervousness <input type="checkbox"/>	Anxiety <input type="checkbox"/> nervousness <input type="checkbox"/> tenseness <input type="checkbox"/> uneasiness <input type="checkbox"/> apprehension <input type="checkbox"/> worry <input type="checkbox"/> distress <input type="checkbox"/> dread <input type="checkbox"/>