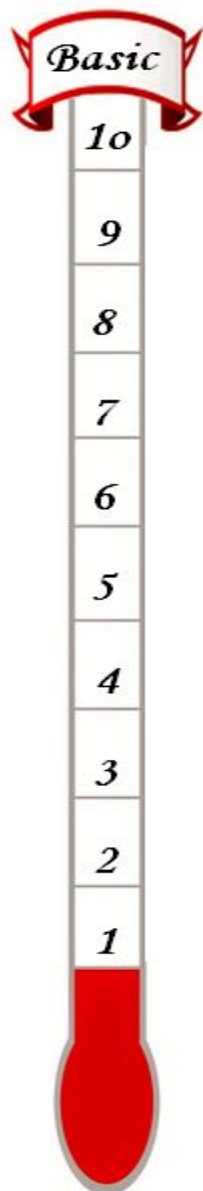


## Name the Basic Emotion You Are Feeling.

Label Each Strength of that Emotion (10 / strongest)



Emotion I Feel: \_\_\_\_\_

10) \_\_\_\_\_

9) \_\_\_\_\_

8) \_\_\_\_\_

7) \_\_\_\_\_

6) \_\_\_\_\_

5) \_\_\_\_\_

4) \_\_\_\_\_

3) \_\_\_\_\_

2) \_\_\_\_\_

1) \_\_\_\_\_

Level I am Feeling: \_\_\_\_\_

My Label For That Level : \_\_\_\_\_

If I were feeling this emotion one level stronger, I would have called it: \_\_\_\_\_

If I were feeling this emotion one level weaker, I would have called it: \_\_\_\_\_

Define the emotion you feel, and the level above and below that:

# Naming Emotions Worksheet Instructions

## Labeling Emotions

Your BASIC Emotion should be one of those named by one of the emotion theorist listed in your handout on theories:

READ:  
What is an Emotion?  
Why Naming Our Feelings Makes Us Happier

READ HANDOUTS:  
Theories on Basic Emotions  
Plutchik's Wheel of Emotions  
List of Emotions by Type  
List of Emotions by Strength

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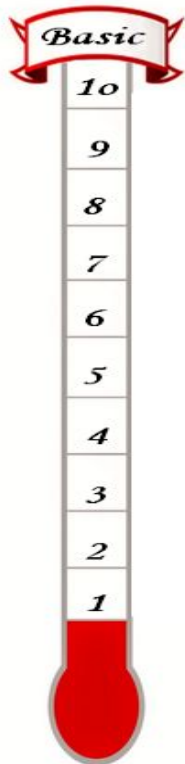
Labels / Names of the different strengths of this emotion will differ between each person, depending on the context of that basic feeling. You have list of emotions in your handout that may help you with this, but if you don't find what fits for you; Please feel free to use Google Search.

### EXAMPLE:

Once you find the basic emotion you feel, decide what you think the top and bottom of that basic emotion would be called.  
Fill in all the emotion names between them.

### Name the Basic Emotion You Are Feeling.

#### Label Each Strength of that Emotion (10 / strongest)



Emotion I Feel: ANGER *Basic Emotion would be somewhat near the Center.*

*Possible Top Feelings;*

10) Enraged / Explosive / Infuriated *(Does One Fit?)*

9) \_\_\_\_\_ *Fill in*

8) \_\_\_\_\_ *Fill in*

7) \_\_\_\_\_ *Fill in*

6) (maybe) Agitated *(Level Above my choice)*

5) ANGER *(Would be somewhere around the middle)*

4) (maybe) Irritation *(Level Below my choice)*

3) \_\_\_\_\_ *Fill in*

2) \_\_\_\_\_ *Fill in*

*Possible Lowest Feelings* *(It bothered me just a bit, didn't raise my temperature)*

1) Calm / Peaceful / Relaxed

Level I am Feeling: 5 *If you feel midway in that emotion*

My Label For That Level : Anger

Choose the level you feel and list the name for it.

Define the emotion you feel, and the level above and below it.  
Either in your own words or with the help of a dictionary.