NAMING EMOTIONS

REMEMBER

- anxious—nervous, worried, and/or concerned
- apologetic—sorry for something
- bashful—shy or self-conscious
- bored—uninterested in or tired of an idea or activity
- cautious—careful or thoughtful
- determined—strong-minded and controlled
- ecstatic—delighted, extra happy
- exhausted—extra tired
- frightened—scared or alarmed
- grieving—sad about something that has died or left
- happy—content, satisfied
- hurt—upset or offended by something
- interested—curious or attracted to something
- irritated—annoyed or aggravated
- jealous—feeling bad someone else has something you want
- pained—saddened or hurt
- shocked—surprised

After practicing and discussing emotional responses with your family member, answer the following questions:

What situations did you identify that can trigger emotions in you?

What emotions were you able to identify and name? What different ones were possible for the same situation?

What will be the benefit to you and your family as you learn to identify and name your emotions with more description and accuracy?

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