

# Identifying Emotions Worksheet

## Identifying Emotions Worksheets

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Direction: These are a great way to help children understand the different emotions they may feel in various situations.

Study each face. Write 3 words to describe how each is feeling.

calm	worried	anxious	unhappy	troubled	mad
playful	excited	irritated	frustrated	silly	confused
annoyed	scared	furious	upset	happy	content
joyful	excited	goofy	puzzled	glad	cheerful
afraid	disappointed	relaxed	concerned	surprised	threatened



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 WORKSHEETSGO

## Identifying Emotions Worksheet: A Guide to Understanding Your Feelings

Are you sometimes at a loss for words when trying to describe how you feel? Do you find yourself using vague terms like "bad" or "good" when something much more nuanced is going on inside? Understanding your emotions is crucial for self-awareness, healthy relationships, and overall well-being. This comprehensive guide provides you with a practical approach to identifying emotions,

including a downloadable identifying emotions worksheet designed to help you pinpoint and understand your feelings.

We'll explore various aspects of emotional intelligence, provide you with tools to differentiate between similar emotions, and offer strategies for effectively expressing what you're feeling. Let's dive in and unlock the power of emotional literacy!

## **Understanding the Importance of Identifying Emotions**

Before we jump into the worksheet, let's discuss why accurately identifying emotions is so vital. When you can name your feelings, you gain control over your reactions. This ability allows you to:

**Improve communication:** Instead of saying "I'm upset," you might say, "I feel frustrated because..." This clarity fosters better understanding in your relationships.

**Manage stress and anxiety:** Recognizing the source of your anxiety – is it fear, worry, or overwhelm? – helps you address it effectively.

**Make better decisions:** Emotions often inform our choices. Understanding them empowers you to make more rational and considered decisions.

**Build stronger relationships:** Emotional intelligence is a cornerstone of healthy relationships. It fosters empathy and understanding.

**Enhance self-awareness:** Identifying emotions allows you to gain a deeper understanding of yourself and your triggers.

## **Using the Identifying Emotions Worksheet: A Step-by-Step Guide**

The identifying emotions worksheet (available for download at the end of this post) is designed to be a practical tool for self-reflection. Here's how to use it effectively:

### **Step 1: Identify the Situation**

Begin by describing a specific situation that evoked an emotional response. Be detailed; the more context you provide, the better you'll understand your feelings.

### **Step 2: Describe Your Physical Sensations**

Pay attention to your body. What are you experiencing physically? Do you feel tense, butterflies in your stomach, a racing heart, or something else? These physical cues often accompany specific emotions.

### **Step 3: Name Your Emotions**

This is the core of the worksheet. Try to name the emotion(s) you experienced. Don't settle for general terms. Explore a wider emotional vocabulary using resources like emotion wheels (easily found online).

### **Step 4: Identify the Intensity**

Rate the intensity of your emotion on a scale of 1 to 10, with 1 being very mild and 10 being extremely intense. This helps you track the magnitude of your emotional responses.

### **Step 5: Explore the Underlying Thoughts**

What thoughts or beliefs contributed to your emotional response? Understanding your thought patterns can help you manage your emotions more effectively in similar situations.

### **Step 6: Consider Your Actions**

How did you react to your emotions? Were your actions helpful or unhelpful? Reflecting on your actions allows you to learn from your experiences.

## **Expanding Your Emotional Vocabulary**

The key to effectively using the worksheet is expanding your emotional vocabulary beyond basic terms like "happy" or "sad." Use resources like emotion wheels to explore a wider range of feelings. Some examples of nuanced emotions include:

Joy vs. Delight vs. Ecstasy: These all relate to happiness but represent different levels of intensity.  
Sadness vs. Grief vs. Melancholy: Similar to joy, sadness encompasses a spectrum of feelings.  
Anger vs. Frustration vs. Irritation: Understanding the subtle differences between these feelings can help you better manage your anger.  
Fear vs. Anxiety vs. Terror: These feelings represent different levels of intensity and duration.

## **Beyond the Worksheet: Strategies for Emotional Management**

The identifying emotions worksheet is a valuable tool, but it's just one piece of the puzzle. Consider

incorporating these strategies for improved emotional management:

**Mindfulness and meditation:** These practices help you become more aware of your emotions in real-time.

**Journaling:** Regularly journaling your thoughts and feelings can provide valuable insight into your emotional patterns.

**Seeking professional help:** If you struggle to manage your emotions, consider seeking help from a therapist or counselor.

## Conclusion

Mastering the skill of identifying emotions is a journey, not a destination. The identifying emotions worksheet serves as a valuable tool to help you on this path, leading to increased self-awareness, improved communication, and stronger relationships. Remember to be patient with yourself and celebrate your progress along the way. Download your free worksheet now and start exploring the richness of your inner emotional landscape!

[Download Link to Worksheet Here]

## Frequently Asked Questions (FAQs)

1. Is this worksheet suitable for children? Yes, with adult guidance. Adapt the questions to the child's age and understanding.
2. How often should I use the worksheet? Use it whenever you experience a strong emotional response, or regularly as a self-reflection exercise.
3. What if I can't identify my emotions? That's okay! Start by focusing on your physical sensations and thoughts. The emotion will often become clearer as you explore.
4. Can I use this worksheet for tracking my emotions over time? Absolutely! It can be a great tool for identifying patterns and triggers in your emotional responses.
5. Where can I find additional resources for understanding emotions? Many books and online resources are available, including emotion wheels and articles on emotional intelligence. A simple online search will yield many helpful options.

**identifying emotions worksheet:** Running on Empty Jonice Webb, 2012-10-01 A large segment of the population struggles with feelings of being detached from themselves and their loved ones. They feel flawed, and blame themselves. Running on Empty will help them realize that they're suffering not because of something that happened to them in childhood, but because of something

that didn't happen. It's the white space in their family picture, the background rather than the foreground. This will be the first self-help book to bring this invisible force to light, educate people about it, and teach them how to overcome it.

**identifying emotions worksheet:** *DBT Skills Training Handouts and Worksheets* Marsha M. Linehan, 2014-10-28 Featuring more than 225 user-friendly handouts and worksheets, this is an essential resource for clients learning dialectical behavior therapy (DBT) skills, and those who treat them. All of the handouts and worksheets discussed in Marsha M. Linehan's DBT Skills Training Manual, Second Edition, are provided, together with brief introductions to each module written expressly for clients. Originally developed to treat borderline personality disorder, DBT has been demonstrated effective in treatment of a wide range of psychological and emotional problems. No single skills training program will include all of the handouts and worksheets in this book; clients get quick, easy access to the tools recommended to meet their particular needs. The 8 1/2 x 11 format and spiral binding facilitate photocopying. Purchasers also get access to a webpage where they can download and print additional copies of the handouts and worksheets. Mental health professionals, see also the author's DBT Skills Training Manual, Second Edition, which provides complete instructions for teaching the skills. Also available: Cognitive-Behavioral Treatment of Borderline Personality Disorder, the authoritative presentation of DBT, and Linehan's instructive skills training DVDs for clients--Crisis Survival Skills: Part One and This One Moment.

**identifying emotions worksheet:** *Unified Protocol for Transdiagnostic Treatment of Emotional Disorders* David H. Barlow, Todd J. Farchione, Shannon Sauer-Zavala, Heather Murray Latin, Kristen K. Ellard, Jacqueline R. Bullis, Kate H. Bentley, Hannah T. Boettcher, Clair Cassiello-Robbins, 2017-11-17 Leading therapists and researchers have come to understand that many psychological disorders share common features and respond to common therapeutic treatments. This deepened understanding of the nature of psychological disorders, their causes, and their symptoms has led to the development of new, comprehensive treatment programs that are effective for whole classes of disorders. Unified Protocol for Transdiagnostic Treatment of Emotional Disorders is one such program. Designed for individuals suffering from emotional disorders, including panic disorder, social anxiety disorder, generalized anxiety disorder, posttraumatic stress disorder, obsessive compulsive disorder, and depression, this program focuses on helping you to better understand your emotions and identify what you're doing in your responses to them that may be making things worse. Throughout the course of treatment you will learn different strategies and techniques for managing your emotional experiences and the symptoms of your disorder. You will learn how to monitor your feelings, thoughts, and behaviors; confront uncomfortable emotions; and learn more effective ways of coping with your experiences. By proactively practicing the skills presented in this book-and completing the exercises, homework assignments and self-assessment quizzes provided in each chapter, you will address your problems in a comprehensive and effective way so you can regulate your emotional experiences and return to living a happy and functional life.

**identifying emotions worksheet:** *DBT? Skills Training Manual, Second Edition* Marsha Linehan, 2014-10-20 Preceded by: Skills training manual for treating borderline personality disorder / Marsha M. Linehan. c1993.

**identifying emotions worksheet:** *The Boy with Big, Big Feelings* Britney Winn Lee, 2019-08-20 Meet a boy with feelings so big that they glow from his cheeks, spill out of his eyes, and jump up and down on his chest. When a loud truck drives by, he cries. When he hears a joke, he bursts with joy. When his loved ones are having a hard day, he feels their emotions as if they were his own. The boy tries to cope by stuffing down his feelings, but with a little help and artistic inspiration, the boy realizes his feelings are something to be celebrated. Written by debut picture book author Britney Winn Lee and boldly illustrated by Jacob Souva, *The Boy with Big, Big Feelings* is relatable for any child, but especially for children experiencing anxiety and extreme emotions, or who have been diagnosed with autism or as a Highly Sensitive Person.

**identifying emotions worksheet:** *The Food and Feelings Workbook* Karen Koenig, 2011-02-02 An extraordinary, powerful connection exists between feeling and feeding that, if damaged, may lead

to one relying on food for emotional support, rather than seeking authentic happiness. This unique workbook takes on the seven emotions that plague problem eaters - guilt, shame, helplessness, anxiety, disappointment, confusion, and loneliness - and shows readers how to embrace and learn from their feelings. Written with honesty and humor, the book explains how to identify and label a specific emotion, the function of that emotion, and why the emotion drives food and eating problems. Each chapter has two sets of exercises: experiential exercises that relate to emotions and eating, and questionnaires that provoke thinking about and understanding feelings and their purpose. Supplemental pages help readers identify emotions and chart emotional development. The final part of the workbook focuses on strategies for disconnecting feeling from food, discovering emotional triggers, and using one's feelings to get what one wants out of life.

**identifying emotions worksheet: *Emotion-focused Therapy*** Leslie S. Greenberg, 2017 How to use this book with APA psychotherapy videos -- Introduction -- History -- Theory -- The therapy process -- Evaluation -- Future developments.

**identifying emotions worksheet: *The Zones of Regulation*** Leah M. Kuypers, 2011 ... a curriculum geared toward helping students gain skills in consciously regulating their actions, which in turn leads to increased control and problem solving abilities. Using a cognitive behavior approach, the curriculum's learning activities are designed to help students recognize when they are in different states called zones, with each of four zones represented by a different color. In the activities, students also learn how to use strategies or tools to stay in a zone or move from one to another. Students explore calming techniques, cognitive strategies, and sensory supports so they will have a toolbox of methods to use to move between zones. To deepen students' understanding of how to self-regulate, the lessons set out to teach students these skills: how to read others' facial expressions and recognize a broader range of emotions, perspective about how others see and react to their behavior, insight into events that trigger their less regulated states, and when and how to use tools and problem solving skills. The curriculum's learning activities are presented in 18 lessons. To reinforce the concepts being taught, each lesson includes probing questions to discuss and instructions for one or more learning activities. Many lessons offer extension activities and ways to adapt the activity for individual student needs. The curriculum also includes worksheets, other handouts, and visuals to display and share. These can be photocopied from this book or printed from the accompanying CD.--Publisher's website.

**identifying emotions worksheet: *Introduction to Counselling Skills*** Richard Nelson-Jones, 2005 'As a course book or an aide to individual learning this book contains a wealth of information and guidance based on years of study and practice. It is easy to use because it is clearly signposted. I particularly like the way the author addresses the range of issues a student needs to consider before embarking on a counselling course. The structure of building block by block, skill by skill simplifies assessment' - *Counselling and Psychotherapy Journal* Good counselling skills are the key to effective helping relationships. *Introduction to Counselling Skills, Second Edition* is designed to help readers' acquire and develop these skills, using an easy-to-follow, three-stage model. Drawing on many years experience as a counsellor, trainer and writer, Richard Nelson-Jones describes in detail each stage in the helping process and gives examples to show how the skills work in practice. The examples also demonstrate the variety of contexts in which counselling skills are commonly used, as well as the diversity of issues and problems they can help to address. The book covers: } what counselling skills are } how to conduct sessions } ways to clarify and expand your understanding } how to improve your listening skills } ethical skills. *Introduction to Counselling Skills, Second Edition* is full of practical features designed to aid learning, including activities related to the particular skill being described, learning outcomes, examples, summaries and a glossary of key terms. For this, the Second Edition, the book has been fully up-dated and new material has been added on the diversity of helpers and clients, the use of training groups and supervision. Combining a clear explanation of skills, with a host of practical activities, *Introduction to Counselling Skills, Second Edition* is the ideal text for introductory courses in counselling skills, counselling and many other professional areas including health care, management, education and social work.

**identifying emotions worksheet:** FEELINGS and EMOTIONS Workbook for Kids Ages 3-5 PRESCHOOL Petit Point Publishing, 2020-08-08 Identifying emotion is an important milestone for children. This collection of Feelings and Emotions activities is perfect for engaging young children with recognizing, thinking, and talking about emotions, an important first step in the process of learning to manage emotions in more socially acceptable ways. Remember, you play an important role in your child's emotional development. Stay present and support your child to recognize and express their emotions, give him as much time as he needs. Use a mirror so children can reflect on what they look like showing different emotions with their face. This type of approach highlights to children that we show so much emotion with our eyes, eyebrows, and mouth. With this workbook, your child discovers the four main emotions: happiness, fear, anger, and sadness.

**identifying emotions worksheet:** *First Day Jitters* Julie Danneberg, 2013-01-07 Head back to school with the bestselling picture book classic! The perennial classroom read-aloud favorite for students and teachers, reminding us we all get the jitters sometimes. A perfect new school year pick for kindergarteners, 1st, 2nd, and 3rd graders who are feeling nervous or anxious about starting their first day. Sarah Jane Hartwell has that sinking feeling in the pit of her stomach—she's nervous and doesn't want to start a new school year. She doesn't know anybody, and nobody knows her. It will be awful. She just knows it. With a little convincing from Mr. Hartwell, Sarah Jane reluctantly heads to class. Shy at first, she's quickly befriended by Mrs. Burton and is reminded that everyone at school gets the jitters sometimes. A beloved and bestselling back to school staple, Sarah Jane's relatable story and its surprise ending will delight seasoned students and new faces alike who are anxious about their first day. • Includes a Certificate of Courage for First Day Completion and a First Day Memories Sheet!

**identifying emotions worksheet: Angry Octopus: An Anger Management Story for Children Introducing Active Progressive Muscle Relaxation and Deep Breathing to Help Control Anger** Lori Lite, 2008 Children love to unwind and relax with this fun exercise known as muscular relaxation. Children relate to the angry octopus in this story as the sea child shows him how to take a deep breath, calm down, and manage his anger. This effective stress and anger management technique focuses awareness on various muscle groups to create a complete resting of the mind and body. Muscular relaxation can lower stress and anxiety levels. It can be used to decrease pain and anger. This engaging story quiets the mind and relaxes the body so your child can let go of anger and fall asleep peacefully. This is one of four stories featured on the Indigo Ocean Dreams CD.

**identifying emotions worksheet: Each Kindness** Jacqueline Woodson, 2012-10-23 WINNER OF A CORETTA SCOTT KING HONOR AND THE JANE ADDAMS PEACE AWARD! Each kindness makes the world a little better This unforgettable book is written and illustrated by the award-winning team that created *The Other Side* and the Caldecott Honor winner *Coming On Home Soon*. With its powerful anti-bullying message and striking art, it will resonate with readers long after they've put it down. Chloe and her friends won't play with the new girl, Maya. Every time Maya tries to join Chloe and her friends, they reject her. Eventually Maya stops coming to school. When Chloe's teacher gives a lesson about how even small acts of kindness can change the world, Chloe is stung by the lost opportunity for friendship, and thinks about how much better it could have been if she'd shown a little kindness toward Maya.

**identifying emotions worksheet: The Borderline Personality Disorder Workbook** Daniel J. Fox, 2019-05-01 Introducing a breakthrough, integrative approach to managing your borderline personality disorder (BPD). If you've been diagnosed with BPD you may feel a number of emotions—including shock, shame, sadness, abandonment, emptiness, or even anger. Even worse, you may be tempted to research your diagnosis online, only to find doomsday scenarios and terrible prognoses everywhere you click. Take a deep breath. You can get through this—and this workbook will help guide you. Despite what you may have read or been told, BPD is not the worst thing that can happen to you. Like many mental health issues, it manifests on a spectrum, and while some people may encounter extreme symptoms and consequences on one end, others may be less affected

on the other. What do you all have in common? You likely experience difficulty balancing your emotions, thoughts, and behaviors. And you may even have trouble seeing yourself clearly—continuously switching from the hero to the villain of the story you’ve written about your life. So, how can you make sense of it all and start on the road to healing? Rather than utilizing a one-size-fits-all treatment, this groundbreaking and comprehensive workbook meets you where you are on your therapeutic journey, and provides an integrative approach to treating BPD drawing on evidence-based dialectical behavior therapy (DBT), acceptance and commitment therapy (ACT), cognitive behavioral therapy (CBT), and interpersonal therapy. With this compassionate workbook, you’ll gain a greater understanding of your BPD, uncover your own emotional triggers, and discover your own personal motivators for positive change. Your BPD has determined how you see and live your life, but it doesn’t have to define you forever. With this workbook as your guide, you’ll be ready to face your diagnosis head-on, and take those important first steps toward lasting wellness.

**identifying emotions worksheet: *The Emotions*** Robert Plutchik, 1991-07-25 This updated edition adds some new definitions of the emotions, new developments in emotional theory, selected additional references, and a new preface. In its basic volume it outlines in detail a model of primary emotions and their mixtures. It also examines the various problems that have plagued research in this area and shows how the model helps to resolve and clarify these issues. Using material from both psychoanalytic and behavioristic sources, as well as other theoretical viewpoints, this book remains a very comprehensive and valuable study. Originally published by Random House in 1962.

**identifying emotions worksheet: *The Way I Feel***, 2005 Our most popular children's book, now with 1.2 million copies in print. Praised by parents, who say it's especially valuable when getting children to talk about the day's triumphs and troubles, and by professionals, who use it in pediatric clinics and with the developmentally disabled and emotionally troubled. Janan Cain's kids ooze anger and bounce with excitement as they teach the words for emotions. This award-winning, full-color book comes in two editions.

**identifying emotions worksheet: *A Little SPOT of Feelings*** Diane Alber, 2020-07-24 Gives coping and managing techniques to deal with ones emotions.

**identifying emotions worksheet: *Anger Management for Substance Abuse and Mental Health Clients*** Patrick M. Reilly, 2002

**identifying emotions worksheet: *The Pout-Pout Fish in the Big-Big Dark*** Deborah Diesen, 2010-08-17 The funny follow up to the New York Times bestselling *The Pout-Pout Fish*

**identifying emotions worksheet: *Permission to Feel*** Marc Brackett, Ph.D., 2019-09-03 The mental well-being of children and adults is shockingly poor. Marc Brackett, author of *Permission to Feel*, knows why. And he knows what we can do. We have a crisis on our hands, and its victims are our children. Marc Brackett is a professor in Yale University’s Child Study Center and founding director of the Yale Center for Emotional Intelligence. In his 25 years as an emotion scientist, he has developed a remarkably effective plan to improve the lives of children and adults – a blueprint for understanding our emotions and using them wisely so that they help, rather than hinder, our success and well-being. The core of his approach is a legacy from his childhood, from an astute uncle who gave him permission to feel. He was the first adult who managed to see Marc, listen to him, and recognize the suffering, bullying, and abuse he’d endured. And that was the beginning of Marc’s awareness that what he was going through was temporary. He wasn’t alone, he wasn’t stuck on a timeline, and he wasn’t “wrong” to feel scared, isolated, and angry. Now, best of all, he could do something about it. In the decades since, Marc has led large research teams and raised tens of millions of dollars to investigate the roots of emotional well-being. His prescription for healthy children (and their parents, teachers, and schools) is a system called RULER, a high-impact and fast-effect approach to understanding and mastering emotions that has already transformed the thousands of schools that have adopted it. RULER has been proven to reduce stress and burnout, improve school climate, and enhance academic achievement. This book is the culmination of Marc’s development of RULER and his way to share the strategies and skills with readers around the world. It is tested, and it works. This book combines rigor, science, passion and inspiration in equal parts.



Too many children and adults are suffering; they are ashamed of their feelings and emotionally unskilled, but they don't have to be. Marc Brackett's life mission is to reverse this course, and this book can show you how.

**identifying emotions worksheet: Schema Therapy in Practice** Arnoud Arntz, Gitta Jacob, 2017-12-20 Schema Therapy in Practice presents a comprehensive introduction to schema therapy for non-specialist practitioners wishing to incorporate it into their clinical practice. Focuses on the current schema mode model, within which cases can be more easily conceptualized and emotional interventions more smoothly introduced Extends the practice of schema therapy beyond borderline personality disorder to other personality disorders and Axis I disorders such as anxiety, depression and OCD Presented by authors who are world-respected as leaders in the schema therapy field, and have pioneered the development of the schema mode approach

**identifying emotions worksheet: Cognitive Processing Therapy for PTSD** Patricia A. Resick, Candice M. Monson, Kathleen M. Chard, 2016-12-26 The culmination of more than 25 years of clinical work and research, this is the authoritative presentation of cognitive processing therapy (CPT) for posttraumatic stress disorder (PTSD). Written by the treatment's developers, the book includes session-by-session guidelines for implementation, complete with extensive sample dialogues and 40 reproducible client handouts. It explains the theoretical and empirical underpinnings of CPT and discusses how to adapt the approach for specific populations, such as combat veterans, sexual assault survivors, and culturally diverse clients. The large-size format facilitates photocopying and day-to-day use. Purchasers also get access to a Web page where they can download and print the reproducible materials. CPT is endorsed by the U.S. Departments of Veterans Affairs and Defense, the International Society of Traumatic Stress Studies, and the U.K. National Institute for Health and Care Excellence (NICE) as a best practice for the treatment of PTSD.

**identifying emotions worksheet: Mind and Emotions** Matthew McKay, Patrick Fanning, Patricia E. Zurita Ona, 2011-07-01 We all have our own ways of handling stressful situations without letting emotions get the best of us, but some ways of coping work better than others. Short-term fixes that help us avoid or numb our emotions may temporarily alleviate sadness and anger, but can also end up causing anxiety, depression, chronic anger, and even physical health problems. If you struggle with overwhelming emotions and feel trapped by unhealthy patterns, this workbook is your ticket out. Mind and Emotions is a revolutionary universal treatment program for all emotional disorders that helps you discover which of the seven problematic coping styles is keeping you trapped in a cycle of emotional pain. Instead of working on difficulties like anxiety, anger, shame, and depression one by one, you'll treat the root of all your emotional suffering at once. Drawing on evidence-based skills from cognitive behavioral therapy, acceptance and commitment therapy, and dialectical behavior therapy, this workbook offers all the techniques you need to manage unwelcome feelings in effective and productive ways. Learn and practice the most effective coping skills: Clarifying and acting on your core values Mindfulness and acceptance Detaching from negative thoughts Self-soothing and relaxation exercises Assertiveness and interpersonal skills Gradually facing your strong emotions This book has been awarded The Association for Behavioral and Cognitive Therapies Self-Help Seal of Merit — an award bestowed on outstanding self-help books that are consistent with cognitive behavioral therapy (CBT) principles and that incorporate scientifically tested strategies for overcoming mental health difficulties.

**identifying emotions worksheet: The Colour Monster** Anna Llenas, 2018-06 One day, Colour Monster wakes up feeling very confused. His emotions are all over the place; he feels angry, happy, calm, sad and scared all at once! To help him, a little girl shows him what each feeling means through colour. A gentle exploration of feelings for young and old alike.

**identifying emotions worksheet: Self-Awareness (HBR Emotional Intelligence Series)** Harvard Business Review, Daniel Goleman, Robert Steven Kaplan, Susan David, Tasha Eurich, 2018-11-13 Self-awareness is the bedrock of emotional intelligence that enables you to see your talents, shortcomings, and potential. But you won't be able to achieve true self-awareness with the usual quarterly feedback and self-reflection alone. This book will teach you how to understand your

thoughts and emotions, how to persuade your colleagues to share what they really think of you, and why self-awareness will spark more productive and rewarding relationships with your employees and bosses. This volume includes the work of: Daniel Goleman Robert Steven Kaplan Susan David HOW TO BE HUMAN AT WORK. The HBR Emotional Intelligence Series features smart, essential reading on the human side of professional life from the pages of Harvard Business Review. Each book in the series offers proven research showing how our emotions impact our work lives, practical advice for managing difficult people and situations, and inspiring essays on what it means to tend to our emotional well-being at work. Uplifting and practical, these books describe the social skills that are critical for ambitious professionals to master.

**identifying emotions worksheet:** The Hurt Teddi Doleski, 1983 A child learns that he must let go of hurt feelings and not let them grow big.

**identifying emotions worksheet:** Social and Emotional Learning Neil Humphrey, Ann Lendrum, Michael Wigelsworth, Mark T. Greenberg, 2020-04-28 Universal school-based social and emotional learning (SEL) interventions seek to improve the social-emotional competencies (e.g. self-awareness, self-management, social awareness, relationship skills, responsible decision-making) of students through explicit instruction in the context of learning environments that are safe, caring, well-managed and participatory. In recent years, SEL has become a dominant orthodoxy in school systems around the world. In this important new book, leading researchers provide a comprehensive overview of the field, including conceptual models of SEL; the assessment of social and emotional competence in children and young people; key issues in the implementation of SEL interventions; the evidence base on the efficacy of SEL in improving students' outcomes; and critical perspectives on the emergence of SEL. It will be essential reading for anyone interested in the role of schools in promoting children's wellbeing. This book was originally published as a special issue of the Cambridge Journal of Education.

**identifying emotions worksheet: Dare to Lead** Brené Brown, 2018-10-09 #1 NEW YORK TIMES BESTSELLER • Brené Brown has taught us what it means to dare greatly, rise strong, and brave the wilderness. Now, based on new research conducted with leaders, change makers, and culture shifters, she's showing us how to put those ideas into practice so we can step up and lead. Don't miss the five-part HBO Max docuseries Brené Brown: Atlas of the Heart! NAMED ONE OF THE BEST BOOKS OF THE YEAR BY BLOOMBERG Leadership is not about titles, status, and wielding power. A leader is anyone who takes responsibility for recognizing the potential in people and ideas, and has the courage to develop that potential. When we dare to lead, we don't pretend to have the right answers; we stay curious and ask the right questions. We don't see power as finite and hoard it; we know that power becomes infinite when we share it with others. We don't avoid difficult conversations and situations; we lean into vulnerability when it's necessary to do good work. But daring leadership in a culture defined by scarcity, fear, and uncertainty requires skill-building around traits that are deeply and uniquely human. The irony is that we're choosing not to invest in developing the hearts and minds of leaders at the exact same time as we're scrambling to figure out what we have to offer that machines and AI can't do better and faster. What can we do better? Empathy, connection, and courage, to start. Four-time #1 New York Times bestselling author Brené Brown has spent the past two decades studying the emotions and experiences that give meaning to our lives, and the past seven years working with transformative leaders and teams spanning the globe. She found that leaders in organizations ranging from small entrepreneurial startups and family-owned businesses to nonprofits, civic organizations, and Fortune 50 companies all ask the same question: How do you cultivate braver, more daring leaders, and how do you embed the value of courage in your culture? In this new book, Brown uses research, stories, and examples to answer these questions in the no-BS style that millions of readers have come to expect and love. Brown writes, "One of the most important findings of my career is that daring leadership is a collection of four skill sets that are 100 percent teachable, observable, and measurable. It's learning and unlearning that requires brave work, tough conversations, and showing up with your whole heart. Easy? No. Because choosing courage over comfort is not always our default. Worth it? Always. We

want to be brave with our lives and our work. It's why we're here." Whether you've read *Daring Greatly* and *Rising Strong* or you're new to Brené Brown's work, this book is for anyone who wants to step up and into brave leadership.

**identifying emotions worksheet:** *Thoughts and Feelings* Matthew McKay, Martha Davis, Patrick Fanning, 2011-12-01 If you are depressed, anxious, angry, worried, confused, frustrated, upset, or ashamed, please remember that you are not alone in your struggle with painful feelings and experiences. Everybody experiences emotional distress sometimes. It's normal. But when the pain becomes too strong and too enduring, it's time to take that important first step toward feeling better. Painful thoughts can arise in many ways. You may struggle with anxiety and depression, or feel that procrastination or perfectionism is holding you back. Regardless of the issue, you've come to this book with a desire to change your thoughts and feelings for the better. This classic self-help workbook offers powerful cognitive therapy tools for making that happen. Now in its fourth edition, *Thoughts and Feelings* provides you with twenty evidence-based techniques that can be combined to create a personal treatment plan for overcoming a range of mental health concerns, including worry, panic attacks, depression, low self-esteem, anger, and emotional and behavioral challenges of any kind. Customize your plan to address multiple concerns at once, or troubleshoot the thoughts and feelings that bother you most. Used and recommended by the most renowned and respected therapists, this comprehensive mental health workbook offers all of best psychological tools for quickly regaining mastery over your moods and emotions. This endlessly useful guide has helped thousands of readers: • Challenge self-sabotaging patterns of thinking • Practice relaxation techniques to maintain self-control in stressful situations • Change the core beliefs that drive painful emotions • Identify and prioritize their values for a more focused, fulfilling life Using proven effective methods based in cognitive behavioral therapy (CBT), acceptance and commitment therapy (ACT), and mindfulness, this book will help you take that first step toward feeling better—about yourself, and about the world around you. Isn't it time you started really enjoying life?

**identifying emotions worksheet: In My Heart** Jo Witek, 2014-10-14 Celebrate feelings in all their shapes and sizes in this New York Times bestselling picture book from the Growing Hearts series! Happiness, sadness, bravery, anger, shyness . . . our hearts can feel so many feelings! Some make us feel as light as a balloon, others as heavy as an elephant. *In My Heart* explores a full range of emotions, describing how they feel physically, inside, with language that is lyrical but also direct to empower readers to practice articulating and identifying their own emotions. With whimsical illustrations and an irresistible die-cut heart that extends through each spread, this gorgeously packaged and unique feelings book is sure to become a storytime favorite.

**identifying emotions worksheet: My Incredible Talking Body** Rebecca Bowen, 2017-04-04 Focuses on cultivating mindfulness of the body's signals about feelings, encouraging acceptance of all types of emotions, and developing strategies for calming strong or uncontrollable feelings.

**identifying emotions worksheet: Teach with Magic** Kevin Roughton, 2021-05 Learn from the Engagement Masters Education is a battle for attention. Whether you are a teacher trying to reach a classroom full of students or a parent trying to prepare your child for the world to come, getting our audience to just listen can be a real challenge. When students have access to personalized entertainment sitting in their pockets, anything that doesn't jump out and grab their attention right away is easily drowned out. But there is a place where even today all those modern distractions melt away--Disneyland. When you're there, you're not only in a different world, you're in Walt Disney's world. Whether you are Peter Pan flying over London in Fantasyland or a rebel fighter struggling against the First Order in Galaxy's Edge, you are 100% engaged. Sights, sounds and even smells ensure that your brain is locked into the experience. If we can bring those techniques into our teaching, we can create engaging experiences for our students, grab their attention, and boost their learning. You'll improve your teaching and create a place students want to visit. In this book we'll learn from the world's greatest engagement masters--the Disney Imagineers. Through narrative visits to attractions throughout Disneyland and Disney California Adventure, you'll experience a visit to the park as we share memories and see how the Imagineers make it all work. We'll be guided by

Imagineering icon Marty Sklar's Mickey's 10 Commandments of Theme Park Design as we turn our classrooms into the most engaging places on Earth!

**identifying emotions worksheet:** The Happiness Trap Russ Harris, 2013 A guide to ACT: the revolutionary mindfulness-based program for reducing stress, overcoming fear, and finding fulfilment – now updated. International bestseller, 'The Happiness Trap', has been published in over thirty countries and twenty-two languages. NOW UPDATED. Popular ideas about happiness are misleading, inaccurate, and are directly contributing to our current epidemic of stress, anxiety and depression. And unfortunately, popular psychological approaches are making it even worse! In this easy-to-read, practical and empowering self-help book, Dr Russ Harris, reveals how millions of people are unwittingly caught in the 'The Happiness Trap', where the more they strive for happiness the more they suffer in the long term. He then provides an effective means to escape through the insights and techniques of ACT (Acceptance and Commitment Therapy), a groundbreaking new approach based on mindfulness skills. By clarifying your values and developing mindfulness (a technique for living fully in the present moment), ACT helps you escape the happiness trap and find true satisfaction in life. Mindfulness skills are easy to learn and will rapidly and effectively help you to reduce stress, enhance performance, manage emotions, improve health, increase vitality, and generally change your life for the better. The book provides scientifically proven techniques to: reduce stress and worry; rise above fear, doubt and insecurity; handle painful thoughts and feelings far more effectively; break self-defeating habits; improve performance and find fulfilment in your work; build more satisfying relationships; and, create a rich, full and meaningful life.

**identifying emotions worksheet:** The Emotion Code Dr. Bradley Nelson, 2019-05-07 I believe that the discoveries in this book can change our understanding of how we store emotional experiences and in so doing, change our lives. The Emotion Code has already changed many lives around the world, and it is my hope that millions more will be led to use this simple tool to heal themselves and their loved ones.—Tony Robbins In this newly revised and expanded edition of The Emotion Code, renowned holistic physician and lecturer Dr. Bradley Nelson skillfully lays bare the inner workings of the subconscious mind. He reveals how emotionally-charged events from your past can still be haunting you in the form of trapped emotions—emotional energies that literally inhabit your body. These trapped emotions can fester in your life and body, creating pain, malfunction, and eventual disease. They can also extract a heavy mental and emotional toll on you, impacting how you think, the choices that you make, and the level of success and abundance you are able to achieve. Perhaps most damaging of all, trapped emotional energies can gather around your heart, cutting off your ability to give and receive love. The Emotion Code is a powerful and simple way to rid yourself of this unseen baggage. Dr. Nelson's method gives you the tools to identify and release the trapped emotions in your life, eliminating your "emotional baggage," and opening your heart and body to the positive energies of the world. Filled with real-world examples from many years of clinical practice, The Emotion Code is a distinct and authoritative work that has become a classic on self-healing.

**identifying emotions worksheet:** Spaghetti in a Hot Dog Bun Maria Dismondy, Kim Shaw, Kathy Hiatt, 2016-02-04 Lucy has big hair, eats fun foods and is teased by a boy named Ralph at school because she is different. She tries to be brave but she wishes the teasing would stop. What should I do? she asks herself over and over. Lucy's Papa Gino reminds her to do the right thing and treat people with kindness. So when Ralph gets stuck on the playground and needs help, will Lucy use this chance to teach Ralph a lesson? Or will she have the courage to be true to herself and make the right choice with an act of kindness? Readers of all ages can empathize with Lucy's brave journey as she sets out to rise above Ralph's mean words, stay true to herself and build her self-esteem every step of the way. This book comes with a free Reader's Companion, complete with discussion questions, lesson plans and activities for children to go beyond the book. Download your copy direct from the publisher website. The best book for teaching kindness and confronting bullying. Spaghetti in a Hotdog Bun is perhaps the most beloved book by award-winning author Maria Dismondy. It carries the key message of love, courage and positivity supported by the many advocates of positive parenting solutions. It will sit comfortably on your shelf alongside other books

that focus on emotions, confidence and bullying. Like the work of Adir Levy (What Would Danny Do?) and Jacquelyn Stagg (Kindness Starts with You).

**identifying emotions worksheet:** *Fair Play* Eve Rodsky, 2021-01-05 AN INSTANT NEW YORK TIMES BESTSELLER • A REESE'S BOOK CLUB PICK Tired, stressed, and in need of more help from your partner? Imagine running your household (and life!) in a new way... It started with the Sh\*t I Do List. Tired of being the “shefault” parent responsible for all aspects of her busy household, Eve Rodsky counted up all the unpaid, invisible work she was doing for her family—and then sent that list to her husband, asking for things to change. His response was...underwhelming. Rodsky realized that simply identifying the issue of unequal labor on the home front wasn't enough: She needed a solution to this universal problem. Her sanity, identity, career, and marriage depended on it. The result is *Fair Play*: a time- and anxiety-saving system that offers couples a completely new way to divvy up domestic responsibilities. Rodsky interviewed more than five hundred men and women from all walks of life to figure out what the invisible work in a family actually entails and how to get it all done efficiently. With 4 easy-to-follow rules, 100 household tasks, and a series of conversation starters for you and your partner, *Fair Play* helps you prioritize what's important to your family and who should take the lead on every chore, from laundry to homework to dinner. “Winning” this game means rebalancing your home life, reigniting your relationship with your significant other, and reclaiming your Unicorn Space—the time to develop the skills and passions that keep you interested and interesting. Stop drowning in to-dos and lose some of that invisible workload that's pulling you down. Are you ready to try *Fair Play*? Let's deal you in.

**identifying emotions worksheet:** *The Emotion Thesaurus: A Writer's Guide to Character Expression (2nd Edition)* Becca Puglisi, Angela Ackerman, 2019-02-19 The bestselling *Emotion Thesaurus*, often hailed as “the gold standard for writers” and credited with transforming how writers craft emotion, has now been expanded to include 56 new entries! One of the biggest struggles for writers is how to convey emotion to readers in a unique and compelling way. When showing our characters’ feelings, we often use the first idea that comes to mind, and they end up smiling, nodding, and frowning too much. If you need inspiration for creating characters’ emotional responses that are personalized and evocative, this ultimate show-don’t-tell guide for emotion can help. It includes: • Body language cues, thoughts, and visceral responses for over 130 emotions that cover a range of intensity from mild to severe, providing innumerable options for individualizing a character’s reactions • A breakdown of the biggest emotion-related writing problems and how to overcome them • Advice on what should be done before drafting to make sure your characters’ emotions will be realistic and consistent • Instruction for how to show hidden feelings and emotional subtext through dialogue and nonverbal cues • And much more! The *Emotion Thesaurus*, in its easy-to-navigate list format, will inspire you to create stronger, fresher character expressions and engage readers from your first page to your last.

**identifying emotions worksheet:** *The Feelings Book* Todd Parr, 2008-11-15 Sometimes I feel silly. Sometimes I feel like eating pizza for breakfast. Sometimes I feel brave. Sometimes I feel like trying something new... The *Feelings Book* vibrantly illustrates the wide range of moods we all experience. Kids and adults will appreciate Todd Parr's quirky intelligence as he pays special attention to the ever-changing, sometimes nonsensical emotions that we all feel. Targeted to young children first beginning to read, this book will inspire kids to discuss their multitude of feelings in a kid-friendly, accessible format, told through Parr's trademark bold, bright colors and silly scenes. Along with the four other bestselling Todd Parr picture books, *The Feelings Book* is designed to encourage early literacy, enhance emotional development, celebrate multiculturalism, and promote character growth.

**identifying emotions worksheet:** *How Do I Feel?* Rebekah Lipp, 2024-10-29 An essential emotional literacy tool for children with 60+ definitions inside! Join Aroha and her friends as they share how different emotions feel in the body and find the words for how they truly feel! A useful resource for parents, carers and educators to help children recognise, label and understand their many emotions. Notable Book in the Storylines Children's Literature Trust of NZ Book Awards 2021

Finalist in the 2022 NZ Book Awards for Children & Young Adults (Elsie Locke Award for Non-Fiction) 'This book is a much-needed tool for children and those caring for them. By showing that a wide range of emotions each have their own unique value and purposes, this book helps to both normalise and encourage understanding towards the big emotions and feelings that, although sometimes demonised, are experienced by each and every one of us at some point in our lives.' — DANIELLE WHITBURN, Mental Health Foundation of New Zealand

**identifying emotions worksheet: Anger Management Workbook for Kids** Samantha Snowden, 2018-11-27 The Anger Management Workbook for Kids offers kid-friendly exercises and interactive activities to feel happier, calmer, and take control of anger. Everyone gets angry, but teaching kids how to respond to anger is what really matters. The Anger Management Workbook for Kids offers fun, interactive activities to help kids handle powerful emotions for a lifetime of healthy behavioral choices. From drawing a picture of what anger looks like to building a vocabulary for communicating feelings, the activities in this workbook give kids ages 6-12 the skills to understand and talk about anger habits and triggers. With this foundation, kids will learn positive and proactive strategies to deal with anger through gratitude, friendliness, and self-kindness. At home, school, or with friends, the Anger Management Workbook for Kids equips kids to take control of anger, with: A close look at anger that helps kids and parents identify habits and triggers, and recognize how anger feels to them. Interactive exercises that provide a fun format for learning how to communicate feelings, needs, and wants to take control of angry outbursts. Feel-good habits that help kids develop better responses to anger by cultivating self-kindness, joy, and appreciation. Anger is a regular emotion just like joy, sadness, and fear--but sometimes anger acts bossy. Give your kids the power to say STOP to anger with the Anger Management Workbook for Kids.

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