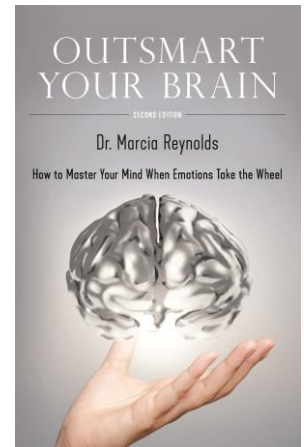


APPENDIX A – Name that Emotion
An Inventory of Feelings
to Increase your Emotional Discernment and Comprehension

“Emotions” refers to the mental and physiological states characterized as feelings. It’s often hard to put a name on what you’re experiencing because it’s likely that your brain is processing more than one reaction to your circumstances at a time. Not only do feelings overlap and blend, but there are hundreds of emotions, each with many gradations of intensity, that make emotional awareness a difficult skill to master. The more adept you are at discerning the force that is shaping your mood and mental status, the greater will be your ability to manage your behavior. You can choose to act in the moment based on possibilities instead of reacting in the moment based on habit. In other words, you respond with intelligence instead of impulse. The result is greater effectiveness, productivity and confidence. And, as you come to comprehend your own emotions and behavior, you increase your understanding for what drives the actions of those around you. With this knowledge, you can improve your relationships. Emotional intelligence is a key factor to enhancing your quality of life.



For the next two weeks, set your phone or watch to alarm four times a day. At the times listed on the schedule, or ones more convenient for you, fill in the blanks with **1) what you are feeling** and **2) what you think is causing you to feel this way**. Use the inventory on the next page to help you identify what you are feeling. If you are with other people or sleeping during the times listed, adjust the hours on the assessment to fit your schedule. The exact times are not essential. It’s more important to begin to recognize emotional patterns and to determine what circumstances elicit specific responses. However, it’s important to assess what you are feeling *in the moment* instead of relying on memory. **Emotional intelligence is the art of identifying your feelings at the time they occur so you can better understand behavior and learn how to choose your reactions.**

Remember, you are seeking to understand your feelings. You are not trying to change them. They are not right or wrong. Therefore, honesty is important. However, recognition alone can diffuse or increase an emotional reaction. You may find that over time, the intensity of some moods decrease, while other sensations, hopefully the more pleasant ones, increase. That’s why emotional intelligence helps in all aspects of your personal growth.

FEELINGS INVENTORY

Related to:

<i>Anger</i>	Fury	Outrage	Hatred	Resentful	Exasperated	Annoyed
	Irritated	Vengeful	Cheated	Belligerent	Rebellious	Resistant
	Envious	Superior	Defiant	Contempt	Repulsed	Appalled
	Offended	Distrustful	Cynical	Wary	Concerned	Apprehensive
<i>Fear</i>	Nervous	Dreading	Worried	Afraid	Anxious	Edgy
	Restless	Frightened	Threatened	Stressed	Overwhelmed	Obsessed
<i>Disheartened</i>	Confused	Baffled	Lost	Disoriented	Disconnected	Trapped
	Lonely	Isolated	Sad	Grieving	Dejected	Gloomy
	Desperate	Depressed	Devastated	Helpless	Weak	Vulnerable
	Moody	Serious	Somber	Disappointed	Hurt	Defective
	Shy	Unloved	Abandoned	Frail	Queasy	Weary
	Tired	Burned-Out	Apathetic	Complacent	Bored	Brainless
	Exhausted	Frustrated	Grumpy	Impatient	Testy	Wound-Up
	<i>Shame</i>	Humiliated	Mortified	Embarrassed	Ashamed	Uncomfortable
Regretful		Remorseful	Reflective	Sorrowful	Detached	Aloof
<i>Surprise</i>	Shocked	Startled	Stunned	Amazed	Astonished	Impressed
<i>Impassioned</i>	Enthusiastic	Excited	Aroused	Delirious	Passionate	Crazed
	Euphoric	Thrilled	Competitive	Willful	Determined	Confident
	Bold	Eager	Optimistic	Gratified	Proud	Gushy
<i>Happy</i>	Joyful	Blissful	Amused	Delighted	Triumphant	Lucky
	Pleased	Silly	Dreamy	Enchanted	Appreciative	Grateful
	Hopeful	Intrigued	Interested	Engrossed	Alive	Vivacious
<i>Calm</i>	Contented	Relieved	Peaceful	Relaxed	Satisfied	Reserved
	Comfortable	Receptive	Forgiving	Accepting	Loved	Serene
<i>Regard</i>	Adoration	Admiration	Reverent	Loving	Affectionate	Secure
	Respectful	Friendly	Sympathetic	Compassion	Tenderness	Generous

Other:

(Write in
Your Own

EMOTIONAL ASSESSMENTS

Week 1	Mon.	Tues.	Wed.	Thu.	Fri.	Sat.	Sun.
7:30 am							
Feeling							
Why							
11:00am							
Feeling							
Why							
3:00 pm							
Feeling							
Why							
9:00pm							
Feeling							
Why							

EMOTIONAL ASSESSMENTS

Week 2	Mon.	Tues.	Wed.	Thu.	Fri.	Sat.	Sun.
7:30 am							
Feeling							
Why							
11:00am							
Feeling							
Why							
3:00 pm							
Feeling							
Why							
9:00pm							
Feeling							
Why							