



Identifying Emotions

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Step 1: Read through the list of emotions below. Highlight or underline any emotions that you feel commonly.

Afraid	Exhausted	Miserable
Agitated	Foolish	Motivated
Angry	Frustrated	Needy
Annoyed	Furious	Nervous
Anxious	Gloomy	Numb
Awkward	Grateful	Obsessed
Betrayed	Greedy	Offended
Bewildered	Grief	Outrage
Bitter	Grudging	Overwhelmed
Brooding	Guarded	Pacified
Calm	Guilty	Pain
Cold	Happy	Panic
Compassionate	Harassed	Paranoid
Complacent	Heartache	Passion
Confused	Helpless	Pathetic
Concerned	Hesitant	Pessimistic
Cruel	Humiliated	Pity
Crushed	Hurt	Playful
Cynical	Hysterical	Pleasure
Defeated	Impatient	Possessive
Denial	Indifferent	Powerful
Desire	Inferior	Powerless
Detached	Intimidated	Preoccupied
Disappointed	Introspective	Protective
Disgust	Irritated	Rattled
Disinterested	Isolated	Reassured
Distracted	Jealous	Relaxed
Drained	Lonely	Resentment
Dread	Longing	Restless
Edgy	Lost	Sad
Empty	Love	Satisfied
Envy	Lust	Secure
Excluded	Meditative	Self-Conscious

Selfish
Sensitive
Shame
Sheepish
Shy
Smug
Snappy
Sorry
Stressed
Submissive
Suffocated
Sullen
Superior
Tenderness
Tense
Terror
Timid
Torn
Traumatized
Trust
Uptight
Vigilant
Vindictive
Weak

Step 2: Reflect on particular instances in your life in which these emotions have arisen. Do you notice any interesting patterns?

Step 3: Which emotions feel primary or secondary to you? Keep in mind that primary emotions are your initial reactions to events, interactions, or internal experiences. Secondary emotions are the feelings you have in reaction to your feelings. For example, you may feel ashamed of feeling angry, guilty about feeling happy, or furious at being hurt. A secondary emotion often covers up a more vulnerable primary emotion. Distinguishing between primary and secondary emotions is helpful, because we tend to find particular relief from expressing our primary emotions. It is helpful to remember that emotions that become more intense over time or make us feel “stuck” tend to be secondary emotions.

List your most common primary and secondary emotions below. (Note: Some emotions may appear in both categories.) If certain primary and secondary emotions feel linked to you, for instance if you often feel *angry* after feeling *hurt*, you can draw lines connecting them.

Primary Emotions

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

Secondary Emotions

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.