



# WHAT ARE EMOTIONS?



Understanding Ourselves Better



## WHAT ARE EMOTIONS?

Emotions are natural responses to experiences and situations. They are messages from our mind and body that help us understand what is happening and how we need to respond.

*All emotions are okay. It's how we manage them that matters.*

## THINK ABOUT IT

Why do you think emotions are important?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



## TYPES OF EMOTIONS

Emotions can be grouped into different categories. Below are some common types of emotions with examples of how they might feel.

### HAPPY



Feelings of joy, pleasure, contentment, or excitement.

#### Examples:

- Joyful
- Proud
- Excited
- Grateful

### SAD



Feelings of sorrow, disappointment, or loss.

#### Examples:

- Sad
- Lonely
- Hurt
- Disappointed

### FEAR



Feelings of worry, anxiety, or being afraid.

#### Examples:

- Scared
- Anxious
- Nervous
- Terrified

### ANGER



Feelings of irritation, frustration, or rage.

#### Examples:

- Mad
- Frustrated
- Annoyed
- Furious

### DISGUST



Feelings of dislike or something being unpleasant.

#### Examples:

- Disgusted
- Repulsed
- Appalled
- Nauseated

### SURPRISE



Feelings of being caught off guard by something unexpected.

#### Examples:

- Surprised
- Shocked
- Amazed
- Confused

### LOVE



Feelings of deep affection, care, and connection.

#### Examples:

- Loved
- Caring
- Affectionate
- Compassionate

### SHAME



Feelings of embarrassment, guilt, or not feeling good enough.

#### Examples:

- Ashamed
- Guilty
- Humiliated
- Inadequate

### JEALOUSY



Feelings of worry or insecurity about losing something or someone.

#### Examples:

- Jealous
- Insecure
- Envious
- Protective

### CALM



Feelings of peace, relaxation, and contentment.

#### Examples:

- Peaceful
- Relaxed
- Content
- Centered

## IDENTIFY YOUR EMOTIONS

Think about a recent experience. What emotions did you feel? List the emotions and what might have caused them.



### EMOTION

### WHAT CAUSED THIS EMOTION?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

## CHECK IN WITH YOURSELF

Right now, how are you feeling? Circle or write the emotions that describe how you feel in this moment.

○ ○ ○ ○ ○ ○ ○ ○  
○ ○ ○ ○ ○ ○ ○ ○

Other: \_\_\_\_\_



## REFLECTION



What did you learn about emotions today?

\_\_\_\_\_  
\_\_\_\_\_



Which emotions are easy for you to express? Which are hard?

\_\_\_\_\_  
\_\_\_\_\_



How can understanding your emotions help you?

\_\_\_\_\_  
\_\_\_\_\_

