

WEEK 3

NAME & TAME YOUR EMOTIONS

Every other day, take 5-10 minutes and ask the kids to name 3 pleasant and 3 unpleasant emotions to describe what they have experienced in the last few days. Ask them to give a quick summary of what happened.

Don't try to change their perception, just listen! The most important part is to use the EMOTION LIST to strengthen their vocabulary and get good at labeling their emotions.

Week 3: Name & Tame the Emotion

We are capable of hundreds of shades and nuances of feelings. Most of us generally have 15-20 that we commonly experience on a regular basis. However, most of us usually describe those in terms of good, bad, angry, blah, bored, crappy, ok...

It's time to add some color and spark to this list. Most importantly, research shows that when you are able to "name" the emotion, you "tame" the emotion and you take some of its intensity and power away, enough to be able to respond appropriately and not just have a knee-jerk reaction.

This is as simple as "when this happens(ed), I feel (or felt)....."

Pleasant Feelings

- Accomplished
- Admired
- Appreciated
- Attractive
- Balanced
- Competent
- Confident
- Creative
- Curious
- Delighted
- Eager
- Free
- Generous
- Genuine
- Grateful
- Hopeful
- Happy
- In control
- Joyful
- Loved
- Optimistic
- Passionate
- Peaceful
- Powerful
- Proud
- Supported
- Strong
- Sympathetic
- Tolerant
- Triumphant
- Useful
- Valuable
- Validated
- Worthy



Week 3: Name & Tame the Emotion

Unpleasant Feelings

- Abandoned
- Abused
- Accused
- Afraid
- Aggravated
- Agitated
- Alone
- Ambivalent
- Annoyed
- Angry
- Arrogant
- Ashamed
- Betrayed
- Bitter
- Bored
- Bothered
- Cheated
- Confused
- Not in control
- Defeated
- Desperate
- Devastated
- Dirty
- Disappointed
- Disgusted
- Distant
- Distracted
- Distressed
- Dominated
- Drained
- Embarrassed
- Fatigued
- Forgotten
- Frightened
- Frustrated
- Greedy
- Guilty
- Hated
- Helpless
- Hostile
- Hurt
- Ignored
- Impatient
- Inadequate
- Incompetent
- Indecisive
- Irritated
- Intimidated
- Jealous
- Judged
- Judgmental
- Lost
- Manipulated
- Misunderstood
- Needy
- Neglected
- Overwhelmed
- Panicked
- Paranoid
- Pessimistic
- Preoccupied
- Pressured
- Provoked
- Punished
- Rejected
- Resentful
- Sad
- Scared
- Selfish
- Stressed
- Suspicious
- Terrified
- Threatened
- Ticked off
- Ugly
- Unappreciated
- Uncertain
- Unfulfilled
- Unhappy
- Unlikable
- Unloved
- Unprepared
- Used
- Useless
- Vengeful
- Vulnerable
- Weak
- Withdrawn
- Worn out
- Worthless

