

I'm not a robot



Identifying feelings worksheet

People aren't always great at identifying our true feelings. When asked about their feelings, most people will usually say they feel bad, sad, mad, good, or fine. But underneath "good, bad, sad, mad, or fine" are many words that better describe how we feel. Taking the time to slow down and identify what we are really experiencing can help us feel better and can improve our communication and relationships with others. Once you identify what you're really feeling, it might give you insight into how to ask for what you really need. For example: "I feel mad. But what I'm feeling deep down is vulnerable, unworthy, or unsafe. What I need because I feel unworthy is for you to say, 'it's not your fault and I love you.'" If I stopped at "mad", I might not be able to find out how to really address the negative things I'm feeling. This worksheet from Mental Health America's 2016 Mental Health Month Toolkit can help you dig deeper to understand your true feelings and needs. Download printable version Here's a web-friendly version of the prompts from the worksheet: Think of a specific event that gave you a strong emotional reaction. This could be something you did, or something someone else did. Using the prompt below, fill in the blanks to identify what's underneath. The feelings list further down this page can help you build your mental collection of feelings. Prompt: I felt ____ (bad / sad / mad / good / happy) when _____ (action or event). But what I was really feeling was _____, _____, and _____. This type of activity takes practice—but once you start doing it, you'll find it gets easier over time. Feelings list (negative emotions) Basic emotion: Let's go deeper! Afraid Nervous, Dread, Frightened, Cowardly, Terrified, Alarmed, Panicked, Suspicious, Worried, Apprehensive Agitated Bothered, Disoriented, Uncomfortable, Uneasy, Frenzied, Irritable, Rash, Offended, Disturbed, Troubled, Grumpy, Unsettled, Unnerved, Restless, Upset Angry Furious, Livid, Irate, Resentful, Hate, Hostile, Aggressive, Worked up, Provoked, Miffed, Outrage, Defensive Annoyed Irritated, Frustrated, Bothered, Impatient, Aggravated, Displeased, Exasperated, Disgruntled, Disturbed, Iked Anxious Shaky, Distressed, Distraught, Edgy, Fidgety, Frazzled, Irritable, Jittery, Overwhelmed, Restless, Stressed, Preoccupied, Flustered Confused Lost, Disoriented, Puzzled, Chaotic, Uncertain, Stuck, Indecisive, Foggy, Mistrust, Dazed, Baffled, Flustered, Perturbed, Perplexed, Hesitant, Immobilized, Ambivalent, Torn Disconnected Lonely, Isolated, Bored, Distant, Removed, Detached, Separate, Broken, Cold, Aloof, Numb, Withdrawn, Rejected, Out-of-place, Apathetic, Indifferent, Misunderstood, Abandoned, Alienated Disgust Appalled, Horrified, Dislike, Loathing, Disturbed, Repugnant, Contempt, Spiteful, Animosity, Hostile, Bitter Disorganized Distracted, Disheveled, Bedraggled, Run-down, Confused, Discombobulated, Disjointed, Displaced, Jumbled, Out of sorts Embarrassment Awkward, Self-conscious, Silly, Mortified, Humiliated, Flustered, Chagrined, Ashamed, Put down, Guilty, Disgraced Envy Jealous, Rivalry, Competitive, Covetous, Resentful, Longing, Self-conscious, Insecure, Inadequate, Yearning, Nostalgic, Wistful Helpless Paralyzed, Weak, Defenseless, Powerless, Invalid, Abandoned, Alone, Incapable, Useless, Inferior, Vulnerable, Empty, Distressed Pain Hurt, Remorseful, Regretful, Disappointed, Guilty, Grief, Bereaved, Miserable, Agony, Anguish, Bruised, Crushed, Wounded Sadness Heartbroken, Disappointed, Hopeless, Regretful, Depressed, Pessimistic, Melancholy, Sorrowful, Morbid, Heavy-hearted, Low, Blue, Gloomy, Miserable, Despair Stress Tension, Pressure, Overwhelmed, Frazzled, Strain, Imbalanced, Worried, Uneasy, Cranky, Distraught, Dissatisfied, Weighed down, Overworked, Pounded, Anxious, Shocked, Frustrated Tired Bored, Fatigued, Exhausted, Uninterested, Overworked, Worn out, Fed up, Drained, Weary, Burned out, Lethargic, Beat, Sleepy, Depleted Vulnerable Insecure, Shaky, Open, Unsure, Exposed, Unguarded, Sensitive, Unsafe, Inferior, Raw, Weak, Judged, Inadequate Feelings list (positive emotions) Basic emotion: Let's go deeper! Admiration Adoration, Affection, Appreciation, Delight, Fondness, Pleasure, Wonder, Regard, Amazed, Amused Affectionate Caring, Friendly, Loving, Sympathetic, Warm, Doting, Soft, Tender, Attached, Compassionate Confident Bold, Courageous, Positive, Sure, Fearless, Optimistic, Encouraged, Safe, Powerful, Proud, Satisfied, Trusting, Secure, Brave, Empowered Excited Enthusiastic, Delighted, Amazed, Passionate, Amused, Aroused, Alert, Piqued, Astonished, Dazzled, Energetic, Awakened, Eager, Charged Exhilarated Blissful, Ecstatic, Elated, Enthralled, Exuberant, Radiant, Rapturous, Thrilled Gratitude Thankful, Grateful, Moved, Touched, Appreciative, Grateful, Responsive, Recognized, Indebtedness Included Engaged, Understood, Appreciated, Accepted, Acknowledged, Affirmed, Recognized, Welcomed, Connected, Supported, Belonging, Heard, Respected, Involved Intrigued Absorbed, Fascinated, Interested, Charmed, Entertained, Captivated, Engaged, Engrossed, Curious, Surprised Joyful Cheerful, Festive, Heartening, Lighthearted, Upeast, Glad, Merry, Elated, Enjoyable, Euphoria, Delighted, Jubilant, Hopeful, Ticked, Pleased Peaceful Calm, Quiet, Trusting, Fulfilled, Harmonious, Steady, Collected, Composed, Comfortable, Centered, Content, Relieved, Constant, Mellow, Level, Restful, Still, At ease, Satisfied, Relaxed, Clear, Reassured Refreshed Stimulated, Replenished, Exhilarated, Reinvigorated, Revived, Enlivened, Restored, Liberated, Lively, Passionate, Vibrant, Rested Are you searching for a useful tool to help individuals understand and manage their feelings and emotions? Look no further! Our collection of printable worksheets on feelings and emotions is designed to be engaging and informative for children, teenagers, and adults alike. With a variety of exercises and activities, these worksheets provide a valuable resource for therapists, educators, and individuals who want to explore and express their emotions in a positive and meaningful way. 13 Images of Printable Worksheets Feelings And Emotions Free Feelings Worksheets for Kids Preschool Activities About Feelings Draw Emotions Faces Worksheet Free Printable Feelings Book Emotions and Feelings Worksheets for Teens Feeling Faces Feelings Worksheets for Kids Free Printable Feeling Faces Worksheet Emotions Worksheets for Children Emotions Crossword Puzzles for Kids Printable Feelings and Emotions Charts for Kids Printable Emotion Faces Worksheets Emotional Regulation Printable Worksheets for Children What is a printable worksheet for feelings and emotions? A printable worksheet for feelings and emotions could include a chart with various emotion labels (such as happy, sad, angry, worried, etc.) where individuals can fill in examples of situations that make them feel each emotion, along with a space for them to write how they typically react when experiencing that emotion. This type of worksheet can help individuals recognize and better understand their own emotions and reactions, leading to improved emotional self-awareness and regulation skills. How can printable worksheets help individuals understand their emotions? Printable worksheets can help individuals understand their emotions by providing structured exercises and prompts that encourage self-reflection and introspection. These worksheets can guide individuals in identifying and labeling their emotions, exploring the underlying causes or triggers, and developing coping strategies or healthy ways to manage emotions. By completing these worksheets, individuals can gain clarity and insight into their feelings and ultimately increase their emotional intelligence and self-awareness. What are some common emotions covered in printable worksheets? Common emotions covered in printable worksheets include anger, sadness, happiness, fear, shame, guilt, love, jealousy, excitement, frustration, and loneliness. These worksheets often include activities, prompts, and reflections to help individuals identify, understand, and manage their emotions effectively. How do printable worksheets help improve emotional intelligence? Printable worksheets can help improve emotional intelligence by providing structured activities and exercises that encourage self-reflection, self-awareness, and empathy. These worksheets can help individuals identify and label their emotions, understand the root causes of their feelings, and develop strategies to regulate their emotions effectively. Through regular practice with these worksheets, individuals can enhance their emotional intelligence skills, such as recognizing and managing emotions, building healthier relationships, and coping with stress and challenges in a more adaptive way. What types of activities are usually included in printable worksheets for feelings and emotions? Activities included in printable worksheets for feelings and emotions may involve identifying and labeling different emotions, expressing feelings through drawing or writing, recognizing and discussing coping strategies for managing emotions, practicing mindfulness exercises to increase self-awareness, and reflecting on personal experiences or triggers that may impact emotional well-being. Overall, these activities aim to promote emotional intelligence, self-expression, and self-reflection in a structured and engaging way. Are printable worksheets effective in promoting communication about feelings? Printable worksheets can be effective in promoting communication about feelings and emotions. They provide a structured format for individuals to express their thoughts and emotions, making it easier to identify and address specific issues. They also allow for easy tracking of progress and can be revisited and reused as needed, making them a practical and versatile tool for emotional self-reflection and growth. Some of informations, names, images and video detail mentioned are the property of their respective owners & source. Worksheets can help you or those you work with cope with strong emotions. Learn more. Big emotions can be overwhelming. They may be frightening, or lead to behavioral and relationship struggles. The opposite can be difficult as well - many people learn to shut off feelings, or don't even realize when they're having them. This can cause problems down the road. Feelings worksheets are a tool that therapists and individuals can use to help understand and deal with emotions. Some focus on recognizing core feelings, like feelings wheels, and others help people learn to accept or cope with their experiences.To get started, check out the quick highlights list with resources you can grab right away. Keep scrolling to review all 21 worksheets about working with feelings and related topics like emotional regulation, coping with anxiety, and dealing with trauma and post-traumatic stress disorder (PTSD).This set of kids anger management PDFs starts with the anger iceberg. The iceberg helps kids understand the feelings underneath their anger. The feelings volcano targets triggers and signs of escalating anger, while the mindful mountain focuses on coping skills. You can learn more about the anger management tools and check out the printables here. Practice learning and coping with difficult emotions. The emotions wheel kit includes a sample feelings wheel along with blank examples and posters to work with. You can review and discuss emotions, and create your own based on feelings you commonly experience. Learn more here.Best for: Adults, Some TeensAdults dealing with intense and overwhelming emotions may benefit from this emotions worksheet. It walks through the experience of strong emotions and how to ride them out or use coping skills when necessary. Best for: Adults, Teens, Some TweensThe cognitive behavioral therapy (CBT) triangle reviews the connection between thoughts, feelings, and behaviors. In some cases, ongoing thoughts influence ongoing feelings. The triangle worksheet clearly walks through the triangle itself and how to use it to change thoughts. Get it here. Feelings wheels, which are typically color-coded, are a popular place to start. To discuss emotions, it helps to have a common language. Many people are only aware of a few emotions, such as happy, sad, and angry. There are several other core emotions, as well as offshoots of these. Core emotions, according to well-known expert Robert Plutchik (Plutchik, 1982), include: FearAngerDisgustSurpriseAnticipationTrustJoySadnessPlutchik organized the feelings in a circle as a way of showing how emotions connect to each other. Therapists and others have taken this idea and run with it - leading to the creation of hundreds of color-coded emotions wheels. These tools are often used to help people visually see, understand, and identify what they're feeling. Here are a few feelings wheels to choose from that included activities for yourself or clients as well. I've included various types of wheels and activities to choose from. Feelings Wheel & List Check-InAvailable from: Teachers Pay TeachersThis resource includes a wheel and feelings list with emojis, offering a reader-friendlier and lighter version of the wheel. It's a good fit for kids and younger teens. Emotions Wheel Kit, Focused on CopingBest for: Older Children, Teens, & AdultsAvailable from: The Counseling PaletteOur emotion wheel kit includes a basic wheel, which includes common core emotions along with physical sensations and coping skills. The kit includes worksheets, so clients and others can fill out blank sections as they like. The tool can be used as a way to understand feelings as well as a coping tool down the road. It's a good activity for groups as well. Learn more about the kit here.Traditional Emotions WheelBest for: Older Teens, AdultsAvailable from: FeelingsWheel.comThis version of the feelings wheel may be the most familiar to many. It includes hundreds of emotions, broken down from primary emotions into broader sections. It doesn't include activity instructions, however! It can be a good reference list for therapists or others who want to offer options to choose from. Similar to emotion wheels, feelings lists can help people start to identify and understand emotions. They are often quite long, a page or several pages, so it's unlikely a feeling will be missed. These worksheets include the list format. Available from Therapist AidThis is a well-organized list that breaks basic emotions down by category of four primary emotions. Included are: happiness, sadness, anger and fear. Each section has 10 additional feelings words. Big List of Feelings Words! Best for: Kids, Younger TeensAvailable from: Teachers Pay TeachersThis is a one-page list that's easy to read and has a bit of flare mixed in. Emojis help the list feel more accessible, and it may be a solid tool for younger kids. Feelings Poster for TeensBest for: Pre Teens, Younger TeensAvailable from: Teachers Pay TeachersIf you're looking for a visual tool for teens, this may be it. It includes teen characters acting out various emotions, with the feelings listed underneath. It can be a quick reference or part of a larger activity.Best for: Kids, Teens, AdultsThis one isn't a pre-made worksheet, but if you or your clients have online access, you can create a custom feelings word image, similar to the cover photo. Emotion thermometers are often taught to help kids and teens understand the fluctuation of emotions. It's a helpful activity that you can do even without a worksheet. Kids can draw thermometers and fill them up depending on how strong the feeling is. For example, a little bit angry may only fill around 10% of the thermometer, while ready to punch someone would be at or near 100%. These worksheets use the thermometer or similar techniques. They are compatible with therapies like CBT as well as trauma-focused cognitive behavioral therapy, or TF-CBT. Available from: Therapist AidThis is a straightforward tool that includes thermometers to fill out for common emotions. It includes happy, sad, angry, worn out, worried, and annoyed.Feelings Thermometer Poster/HandoutBest for: Kids, Teens, AdultsAvailable from: Wisconsin Office of Children's Mental HealthThis may not technically be considered a worksheet, but it's an attractive and effective tool that includes coping actions relating to each difficult emotion. It can be tricky when teaching about feelings, because we want a balance between accepting them and managing them. Validation and learning to allow feelings is one of the important parts of healing for issues like anxiety, depression, and PTSD. However, sometimes feeling out of control can interfere with recovery. It can also begin to cause problems at home, work, or school. So in daily life, it can help to have some methods to calm down quickly and get back to the moment. These tools include techniques to help with regulating feelings when needed. Strong Emotions WorksheetBest for: Older teens, adultsAvailable from: The Counseling PaletteOur emotions worksheet focuses on regulating overwhelming feelings. Often people avoid recovery from anxiety, PTSD or alcohol due to a fear of the unknown. Available from: PsychPointDBT uses a technique called PLEASE for emotion regulation. It stands for treating physical illness, balanced eating, avoiding substances, sleeping enough, and exercising regularly. The idea is that by addressing these physical issues, emotion regulation will become a little easier. In cognitive behavioral therapy (CBT), the cognitive triangle (or CBT triangle) is often used to teach about emotions. Feelings are part of a triad, including thoughts and behaviors as well. The idea is that a thought often becomes a feeling, which leads into a behavior, and then cycles back into a thought. Most often, CBT therapists teach about intervening at the thought, however managing feelings and changing behaviors come into play as well. These worksheets use the CBT triangle and other techniques to help teach about emotions. Best for: Older Kids, Teens, AdultsAvailable from: The Counseling PalettePractice identifying thoughts, feelings and behaviors, as well as changing them through CBT techniques. This worksheet has examples as well as open spaces for you or clients to practice understanding and changing emotions. Get it here. Traditional Cognitive Triangle WorksheetAvailable from: University of WashingtonYou may have already seen this commonly used and straightforward CBT worksheet. If you're looking for a simple, no-frills option, this is it. Looking for materials for a specific group you work with, or for your child or yourself? Here are more options broken down by age group. Some of the worksheets above are appropriate for kids, but often it helps to have materials specifically geared for various age ranges. Here's a list of some popular tools based on grade or age level. Body Language and Identifying Emotions, at Teachers Pay TeachersMultiple Feelings and Emotions Worksheets, at Teachers Pay TeachersKindergarten Emotions Worksheets, at K5 LearningOften teens respond to tools for both younger and older audiences. Many of the worksheets above may work for this audience. However, here are some tools that are specifically designed with adolescents in mind.Emotional Intelligence Worksheets for Teens, at Ohio.govAnger Assessment Worksheet, at Teachers Pay TeachersDBT Emotion Regulation Skills, at Teachers Pay TeachersFeelings worksheets geared for adults can be a bit harder to come by. Many include dialectical behavioral therapy (DBT) techniques. DBT therapists can also overlap and use tools relating to CBT, which is a core part of DBT. Here are various worksheets created for adults that cover emotions, regulating, and specific recovery topics. Grounding Stone Mindfulness Kit, at The Counseling PaletteDBT Therapy Skills Workbook, at AmazonEmotion Regulation Skills, at Therapist AidThe following tools aren't worksheets exactly, but include feelings-related activities and prompts. If you use dialectical behavioral therapy (DBT) you may find the DBT board game helpful. It's not exactly a worksheet, but it includes dozens of prompts, including feelings skills. It covers four DBT categories, including distress tolerance, emotional regulation, interpersonal effectiveness, and mindfulness. Download it here.FEELOPOLY is a popular game great for kids, as well as some teens and young adult groups. The game includes feelings prompts, along with a cooperative goal to validate all types of emotions. You can use FEELOPOLY as a teaching or reinforcement tool about basic emotions. Learn more here. If you're interested in using CBT to help with emotions and overall mental health, you may find this worksheet bundle helpful. It covers the basic skills used in CBT-based therapies for anxiety and PTSD. You can use the worksheets individually over time, or together as a workbook. Download it here.Are you looking to help kids identify emotions in a fun and less-threatening way? Enter the Magical Emotions deck, featuring unicorns and dragons. The set also includes games based on familiar children's card games. You can also pair it with the Kids Coping Cards. Check out the feelings set here.Interested in downloading a bunch of tools at once? The Counseling Palette's Entire Store Bundle includes feelings worksheets, games, and other therapy-related activities. See the details here.Emotions are a good place to start when it comes to coping, feeling better, and dealing with mental health. To find more resources, check out our store that includes worksheets and downloads on anxiety, PTSD, mindfulness tools, and more. Visit here to find resources. Empower clients to explore, identify, and manage emotions with these essential worksheets. Enhance self-awareness and emotional regulation in therapy Basic Emotions Reference Worksheet [FREE PDF Download]; The Basic Emotions Reference worksheet is a valuable tool designed to help clients identify and understand their emotions. Administering this emotions worksheet enables clients to explore the six core emotions, expand their emotional vocabulary, and accurately label their feelings.DOWNLOAD HEREEmotion Exploration Scale Worksheet [FREE PDF Download]; An emotions worksheet for identifying, rating, and understanding emotions, helping clients develop healthier emotional responses.DOWNLOAD HERE HIPAA Compliant Insurance Complaint SOAP, DAP, EMDR, Intake notes and more Individual, Couple, Child, Family therapy types Template Builder Recording, Dictation, Text & Upload InputsEmotion Thermometers Worksheet [FREE PDF Download]; The Emotion Thermometers worksheet is an effective tool in the arsenal of emotions worksheets for helping your clients monitor and understand their emotional intensity. This visual tool is a part of our emotional worksheets that allows clients to identify and track their emotional states across various categories, such as anger, anxiety, depression, and overall well-being.DOWNLOAD HEREEmotion Regulation DBT skills [Free PDF Download]; The emotional rollercoaster can be a real challenge for clients in therapy. Equipping them with effective coping mechanisms is key to navigating difficult emotions. Mentaly's FREE Emotion Regulation DBT Skills Worksheet empowers therapists to guide clients towards greater emotional resilience.DOWNLOAD HEREWWhy the Emotions Worksheets are Essential: Emotional understanding is critical for mental health. The Emotions Worksheets are vital in therapy, enabling clients to gain insights into their emotional experiences, which leads to more effective communication and therapeutic progress.DBT WorksheetsERP Therapy WorksheetERP Therapy WorksheetShow more