

INNERGOLD

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Naming Your Emotions

New research indicates that if you are able to name your emotions, you can make progress towards taming them. Brain scans show that putting negative emotions into words calms the brain's emotion center. By naming your emotions you are able to put a label on your feelings, which is the first step in learning to deal with them in an appropriate manner. Use this sheet to help identify and label your feelings.

Acceptance	Affection	Alertness	Ambivalence	Anger
Angst	Annoyance	Anticipation	Anxiety	Apathy
Awe	Boredom	Calmness	Compassion	Confusion
Contempt	Contentment	Curiosity	Depression	Desire
Disappointment	Disgust	Doubt	Ecstasy	Embarrassment
Empathy	Emptiness	Enthusiasm	Envy	Epiphany
Euphoria	Fanaticism	Fear	Frustration	Gratification
Gratitude	Grief	Happiness	Hatred	Homesickness
Honesty	Hope	Hostility	Humiliation	Hysteria
Inspiration	Interest	Jealousy	Kindness	Loneliness
Love	Lust	Melancholia	Nostalgia	Panic
Patience	Pity	Pride	Rage	Regret
Remorse	Repentance	Resentment	Righteous	Indignation
Sadness	Self-pity	Shame	Shyness	Suffering
Surprise	Suspicion	Sympathy	Wonder	Worry



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