

Name: _____ Date: _____

Emotion Identification

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| 1. Emotional | A. Happiness |
| 2. Regulation | B. Emotions, Feelings, and Mood |
| 3. Feeling of annoyance, displeasure, hostility | C. Fear |
| 4. Belief that someone/something is dangerous | D. Sadness |
| 5. A condition or quality of being sad | E. Frustration |
| 6. A state of general unhappiness | F. Proud |
| 7. A feeling of worry, nervousness, or unease, typically about an imminent event | G. Irritation |
| 8. Having no real value, worth, or use | H. Worthlessness |
| 9. The feeling of being upset or annoyed | I. Kindness |
| 10. A feeling of being annoyed, impatient, or slightly angry | J. Control, Steady, and Even |
| 11. A feeling of desert or neglect; especially in time of need | K. Anger |
| 12. A feeling of joy or goodness | L. Betrayal |
| 13. The feeling that one can rely on someone or something; firm trust | M. Anxiety |
| 14. A feeling of satisfaction as a result of one's own achievements | N. Confidence |
| 15. A nice, sympathetic or helpful nature | O. Depression |