

RECOGNISING AND NAMING EMOTIONS

Imagine yourself in the following situations. What emotions might you feel? Also identify any bodily reactions. Listed below are some emotions to prompt you – please add in any others that you consider appropriate.

Situation	Likely Emotion	Likely Physical / Bodily Reaction
<ol style="list-style-type: none"> 1. Your boss fails to say ‘good morning’ to you yet again. 2. You have a near miss in your car. 3. Someone you care for is very late home. 4. Your favourite football team wins an important match. 5. You smile at someone attractive across the room and they smile back. 6. You realise you haven’t phoned your elderly parent for a long time. 7. You put your foot in it. 8. You fall over in the street. 9. You are unfairly criticised at work. 		

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|-----------------|----------------|-----------------|---------------|
| ▪ happy | ▪ sad | ▪ embarrassed | ▪ angry |
| ▪ furious | ▪ thoughtful | ▪ supportive | ▪ irritated |
| ▪ incensed | ▪ enraged | ▪ sensitive | ▪ loving |
| ▪ kind | ▪ empathetic | ▪ enlightened | ▪ sympathetic |
| ▪ tender | ▪ devoted | ▪ engrossed | ▪ solicitous |
| ▪ concerned | ▪ apprehensive | ▪ introspective | ▪ anxious |
| ▪ restless | ▪ nervous | ▪ enchanted | ▪ worried |
| ▪ guilty | ▪ troubled | ▪ hopeful | ▪ friendly |
| ▪ compassionate | ▪ good-hearted | ▪ flirtatious | ▪ cheerful |
| ▪ contented | ▪ delighted | ▪ sexy | ▪ blissful |
| ▪ gladdened | ▪ pensive | ▪ attractive | ▪ reflective |
| ▪ tormented | ▪ harassed | ▪ unattractive | ▪ bewildered |
| ▪ dazed | ▪ confused | ▪ charismatic | ▪ astonished |
| ▪ blameworthy | ▪ culpable | ▪ bored | ▪ dutiful |



