

# Exercise to Identify Emotions

Make some time a few times a day and ask yourself:

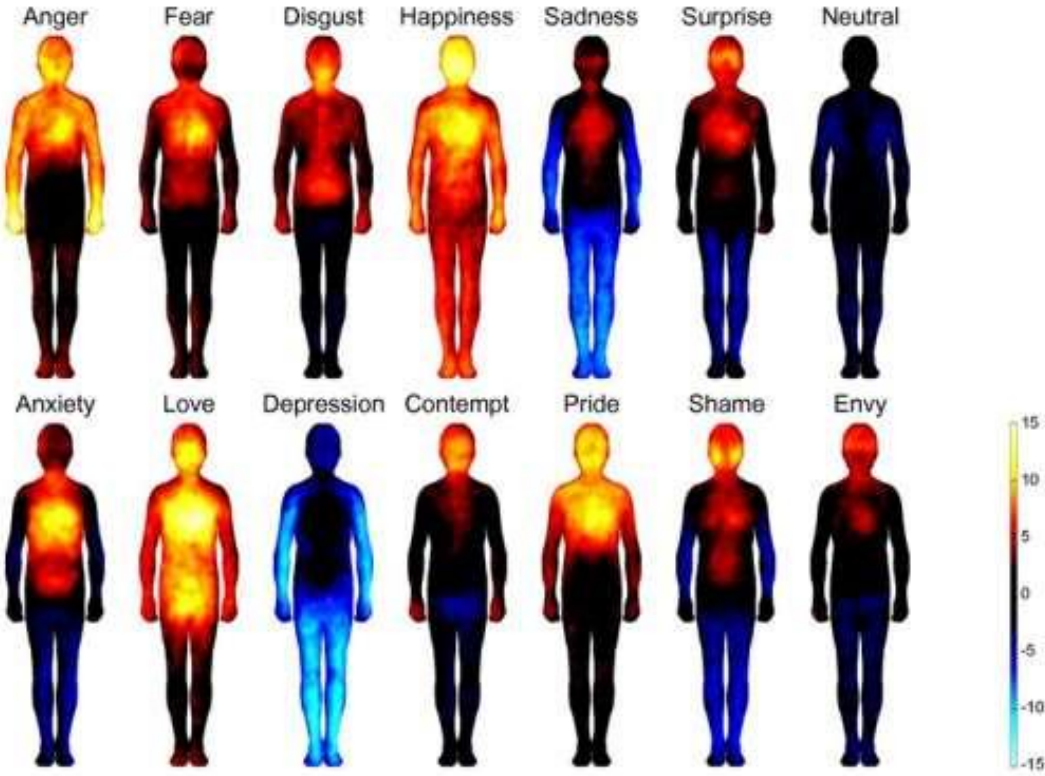
1. What is something that happened that has affected my mood?
2. What was the feeling? Was it High, Medium or Low intensity?
3. What did you feel like doing?
4. What other times have you felt this feeling?
5. What should you do in the situation?

This might seem like a lot to devote to one emotion but the more you are able to be self-aware of your emotions the more you can learn to control them and be motivated by them the way God intended.

## Sample List of Emotions

	JOY / HAPPINESS	LOVED / LOVING	SADNESS	ANGER	FEAR	SHAME / DISGUST
<i>Relatively High Emotional Intensity</i>	Elated Overjoyed Thrilled Exuberant Ecstatic Empowered Optimistic Delighted Amazed	Loved Loving Accepted Blessed Attracted Enchanted Fascinated Passionate Adoration Devoted	Despairing Devastated Depressed In agony / Anguish Hurt Dejected Hopeless Distressed	Enraged / Outraged Furious Violent Hating Mad Angry Exasperated Aggressive	Terrified Petrified Panic Shocked Frightened Frantic Threatened Paranoid	Worthless Mortified Disgraced Guilty Dis- honoured Remorseful Unworthy Rejected Disgusted
<i>Medium Emotional Intensity</i>	Cheerful Thankful Pleased Relieved Satisfied Loved /Loving Energetic Excited	Trusting Encouraged Moved Tender Caring Connected Appreciated Empathy Compassion Supported	Alone Miserable Sorrowful Heartbroken Lost Grieving Sick Misunderstood Loss	Frustrated Annoyed Hostile Jealous Defiant Exploited Intolerant Provoked	Fearful Insecure Intimidated Anxious Helpless Suspicious Confused Disturbed Unsafe	Sorry Embarrassed Apologetic Sneaky Regretful Stupid Ashamed
<i>Relatively Low Emotional Intensity</i>	Appreciated Glad Content Peaceful Pleasant Tender Positive Creative Hopeful Amused	Admiration Respect Sentimental Kind Caring Friendly Affectionate Warm	Disappointed Unhappy Upset Dissatisfied Discouraged Tired	Irritated Touchy Uptight On edge Agitated Critical Sarcastic Selfish	Uneasy Apprehensive Cautious Nervous Worried Shy / Timid Unsure Bewildered Concerned	Un- comfortable Ridiculous Regretful Defensive Sheepish

**Bodily topography of basic (Upper) and nonbasic (Lower) emotions associated with words.**



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