

Emotion Regulation Handout 4

WORDS FOR EMOTIONS: *HAPPY*



CHEERFUL

JOYFUL

EXCITED

JUMPY

GLAD

SATISFIED

GOOD

SILLY

These things make me happy

1.

2.

3.

4.



Emotion Regulation Handout 5
WORDS FOR EMOTIONS: MAD



ANGRY

ENRAGED

ANNOYED

FRUSTRATED

BUMMED

TICKED OFF

DISGUSTED

UPSET

These things make me mad

1.

2.

3.

4.

5.



Emotion Regulation Handout 6

WORDS FOR EMOTIONS: SAD



CRUSHED

GLOOMY

DEFEATED

HURT

DEPRESSED

MISERABLE

DISAPPOINTED

UPSET

DOWN

WEAK

These things make me sad

- 1.
- 2.
- 3.
- 4.



Emotion Regulation Handout 7

WORDS FOR EMOTIONS:



SCARED

AFRAID

OVERWHELMED

ANXIOUS

PANIC

FREAKED OUT

SHOCKED

FRIGHTENED

SURPRISED

NERVOUS

WORRIED

These things make me scared

1.

2.

3.



4.

Emotion Regulation Handout 8

WORDS FOR EMOTIONS: EMBARRASSED



ASHAMED

REGRETFUL

DISGRACED

REMORSEFUL

HUMILIATED

SHY

INSULTED

VULNERABLE

These things make me embarrassed

1.

2.

3.



4.



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