

# Vocabulary of Emotions/ Feeling Exercise

This exercise is meant to expand ones vocabulary when it comes to emotions and feelings, allowing one to understand themselves, responses, and communicate at a higher level. This can increase self confidence, self awareness, and interpersonal relationships as well as improving the quality of the relationships surrounding someone. It is also a great measure of how one has evolved from childhood to adulthood when it comes to handling situations.

#### How to play:

Close your eyes or look away as you circle your finger around the page (as many times as you want, at any speed you want) and place it down on the page. Once your finger is on the page, which ever emotion/ feeling is under (or nearest) your finger that is the emotion you will work with. Tell a story of a time in the past (childhood preferably, or at least a few years ago) where you had an experience that brought this emotion up inside you and how you handled it. Then tell a story of a time in the more recent past (within a couple months) where you had an experience that raised this emotion up inside you handled it. Just tell the stories that first comes to mind, there's normally a reason they are coming to the surface first.

### Do it by yourself:

If you are alone you may journal about these stories. You may use these prompts after journaling: What did I do well? How do I want to respond differently? Do I desire a change in a certain area of my life after paying attention to this story/ emotion? Am I repeating patterns that are healthy or unhealthy? Have I improved or stayed the same from childhood responses?

#### Do it with a partner:

This can be a best friend, family member, or your significant other. Pick someone with whom you feel safe and can be vulnerable with. Once you tell your two stories, it is their turn and they repeat the process and tell their two stories. Feel free to have discussions about the stories, emotions, or whatever comes up naturally in conversation with an openness, sense of love and curiosity to learn more about the other person. Remember we all experience this life from our unique point of view from our eyes and everyone's eyes have a little different angle to the experience than others. Be sure to thank the other person for sharing and trusting you.

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## Vocabulary of Emotions/Feelings

Happiness     Caring     Depression     Inadequate     Fear     Confusion     Hurt     Anger     Loneliness     Remorse       Strong     Delighted Ebulient     Adoring Ardent     Alenated Barren     Bernished Barren     Appalled Broken     Baffled Desperate     Baffled Confusion     Abused     Affronted Aching     Abandoned Belligerent     Black     Debased       Exctatic     Compassionate     Bernes     Bernished     Persperate     Berludled     Aching     Belligerent     Black     Debased     Debased       Enthuisatic     Compassionate     Beaten     Crippled     Deinressed     Confused     Degraded     Erraged     Destroyed     Depraved	Vocabulary of Emotions/Feelings										
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