

# INNERGOLD

*changing the world one person at a time*

## **Naming Your Emotions**

New research indicates that if you are able to name your emotions, you can make progress towards taming them. Brain scans show that putting negative emotions into words calms the brain's emotion center. By naming your emotions you are able to put a label on your feelings, which is the first step in learning to deal with them in an appropriate manner. Use this sheet to help identify and label your feelings.

|                |             |              |             |               |
|----------------|-------------|--------------|-------------|---------------|
| Acceptance     | Affection   | Alertness    | Ambivalence | Anger         |
| Angst          | Annoyance   | Anticipation | Anxiety     | Apathy        |
| Awe            | Boredom     | Calmness     | Compassion  | Confusion     |
| Contempt       | Contentment | Curiosity    | Depression  | Desire        |
| Disappointment | Disgust     | Doubt        | Ecstasy     | Embarrassment |
| Empathy        | Emptiness   | Enthusiasm   | Envy        | Epiphany      |
| Euphoria       | Fanaticism  | Fear         | Frustration | Gratification |
| Gratitude      | Grief       | Happiness    | Hatred      | Homesickness  |
| Honesty        | Hope        | Hostility    | Humiliation | Hysteria      |
| Inspiration    | Interest    | Jealousy     | Kindness    | Loneliness    |
| Love           | Lust        | Melancholia  | Nostalgia   | Panic         |
| Patience       | Pity        | Pride        | Rage        | Regret        |
| Remorse        | Repentance  | Resentment   | Righteous   | Indignation   |
| Sadness        | Self-pity   | Shame        | Shyness     | Suffering     |
| Surprise       | Suspicion   | Sympathy     | Wonder      | Worry         |



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