

## **Expressing My Emotions**

How do you deal with your emotions? Do you:

- Fly off the handle?
- Deal with things calmly and rationally?
- Change the subject?

Experts say that being able to express emotions appropriately is an important interpersonal skill to have in order to do well in school and in your life in general.

### **Healthy emotions**

Having feelings is completely natural—all of us have them. However, sometimes the feelings we have overwhelm us, especially if we have “bottled them up.” To deal with your emotions in a healthy way:

- Acknowledge your emotions; they are telling you something.
- Identify your emotions.
- Talk to somebody about your feelings.
- If you are having an unpleasant feeling, think of something you can do that will help, and then do it.
- Find positive ways to express anger that are not hurtful to yourself or others (for tips, see “Managing Anger”).

Remember, whatever you are feeling, you are not alone. Try not to get discouraged; things usually improve. If you do get overwhelmed, ask for help by talking to a counselor, friend, parent, etc.

### **Practice identifying and handling your emotions**

*For each of the situations given below, ask the following three questions:*

1. Name the emotion (see the list of feeling words at the end of this exercise).
2. What's a helpful way to handle this emotion?
3. What's a harmful way to deal with this emotion?

- I feel \_\_\_\_\_ when I'm accused of doing something I didn't do.
- I feel \_\_\_\_\_ when a professor praises my work.
- I feel \_\_\_\_\_ when someone playing a game with me cheats.

- I feel \_\_\_\_\_ when I'm expecting to see a friend, and she or he backs out at the last minute.
- I feel \_\_\_\_\_ when I work really hard for something and I succeed.
- I feel \_\_\_\_\_ when a friend hasn't understood me.
- I feel \_\_\_\_\_ after an intellectual discussion in class.
- I feel \_\_\_\_\_ when someone insults my friends.
- I feel \_\_\_\_\_ when I'm getting ready to go on a trip.

After getting some practice with identifying and handling emotions through this exercise, try it during your daily experiences. If you need additional assistance or notice a pattern in the way that you handle emotions that you would like to change, consult a counselor.

<b>Happy</b>	Playful	Choked up	Sympathetic
Brisk	Pleased	Compassionate	Unhappy
Buoyant	Relaxed	Concerned	Useless
Calm	Restful	Depressed	Worthless
Carefree	Satisfied	Disappointed	
Cheerful	Serene	Discontented	<b>Hurt</b>
Cheery	Sparkling	Discouraged	Aching
Comfortable	Spirited	Dismal	Afflicted
Complacent	Surprised	Dreadful	Cold
Contented	Thrilled	Dreary	Crushed
Ecstatic	Vivacious	Dull	Despair
Elated		Embarrassed	Distressed
Enthusiastic	<b>Eager</b>	Flat	Heartbroken
Excited	Anxious	Gloomy	Injured
Exhilarated	Ardent	Heavy-hearted	Isolated
Festive	Avid	Ill at ease	Lonely
Generous	Desirous	In the dumps	Offended
Glad	Earnest	Low	Pained
Grateful	Enthusiastic	Melancholy	Pathetic
Hilarious	Excited	Moody	Suffering
Inspired	Intent	Mournful	Tortured
Jolly	Keen	Out of sorts	Upset
Joyous	Proud	Quiet	Worried
Jubilant	Zealous	Shameful	
Lighthearted		Somber	<b>Angry</b>
Merry	<b>Sad</b>	Sorrowful	Annoyed
Optimistic	Ashamed	Sulky	Belligerent
Peaceful	Blah	Sullen	Bewildered

Bitter  
Boiling  
Confused  
Cross  
Enraged  
Frustrated  
Fuming  
Furious  
Grumpy  
Indignant  
Inflamed  
Infuriated  
Irate  
Irritated  
Offended  
Provoked  
Resentful  
Stubborn  
Sulky  
Sullen  
Wrathful

### **Fearless**

Bold  
Brave  
Confident  
Courageous  
Daring  
Determined  
Encouraged  
Impulsive  
Independent  
Loyal  
Proud  
Reassured  
Secure

### **Interested**

Absorbed  
Concerned  
Creative  
Curious  
Engrossed  
Excited  
Fascinated  
Inquiring  
Inquisitive  
Intrigued  
Sincere

### **Doubtful**

Defeated  
Distrustful  
Dubious  
Evasive  
Helpless  
Hesitant  
Hopeless  
Indecisive  
Perplexed  
Pessimistic  
Powerless  
Questioning  
Skeptical  
Suspicious  
Unbelieving  
Uncertain  
Wavering

### **Physical**

Breathless  
Empty  
Feisty  
Hollow  
Immobilized

Nauseated  
Paralyzed  
Repulsed  
Sluggish  
Stretched  
Strong  
Sweaty  
Taut  
Tense  
Tired  
Uptight  
Weak  
Weary

### **Affectionate**

Aggressive  
Appealing  
Belonging  
Close  
Loving  
Passionate  
Seductive  
Sexy  
Tender  
Warm

### **Afraid**

Alarmed  
Anxious  
Appalled  
Apprehensive  
Awed  
Cautious  
Cowardly  
Dependent  
Dismayed  
Doubtful  
Fearful

Fidgety  
Frightened  
Gutless  
Hesitant  
Horried  
Hysterical  
Impatient  
Insecure  
Nervous  
Panicky  
Petrified  
Pressured  
Scared  
Shaky  
Shocked  
Suspicious  
Terrified  
Threatened  
Timid  
Tragic  
Wishy-washy  
Worried

### **Miscellaneous**

Bored  
Distant  
Preoccupied  
Awkward  
Humble  
Cooperative  
Cruel  
Envious  
Jealous  
Mixed-up  
Hypocritical  
Phony  
Two-faced