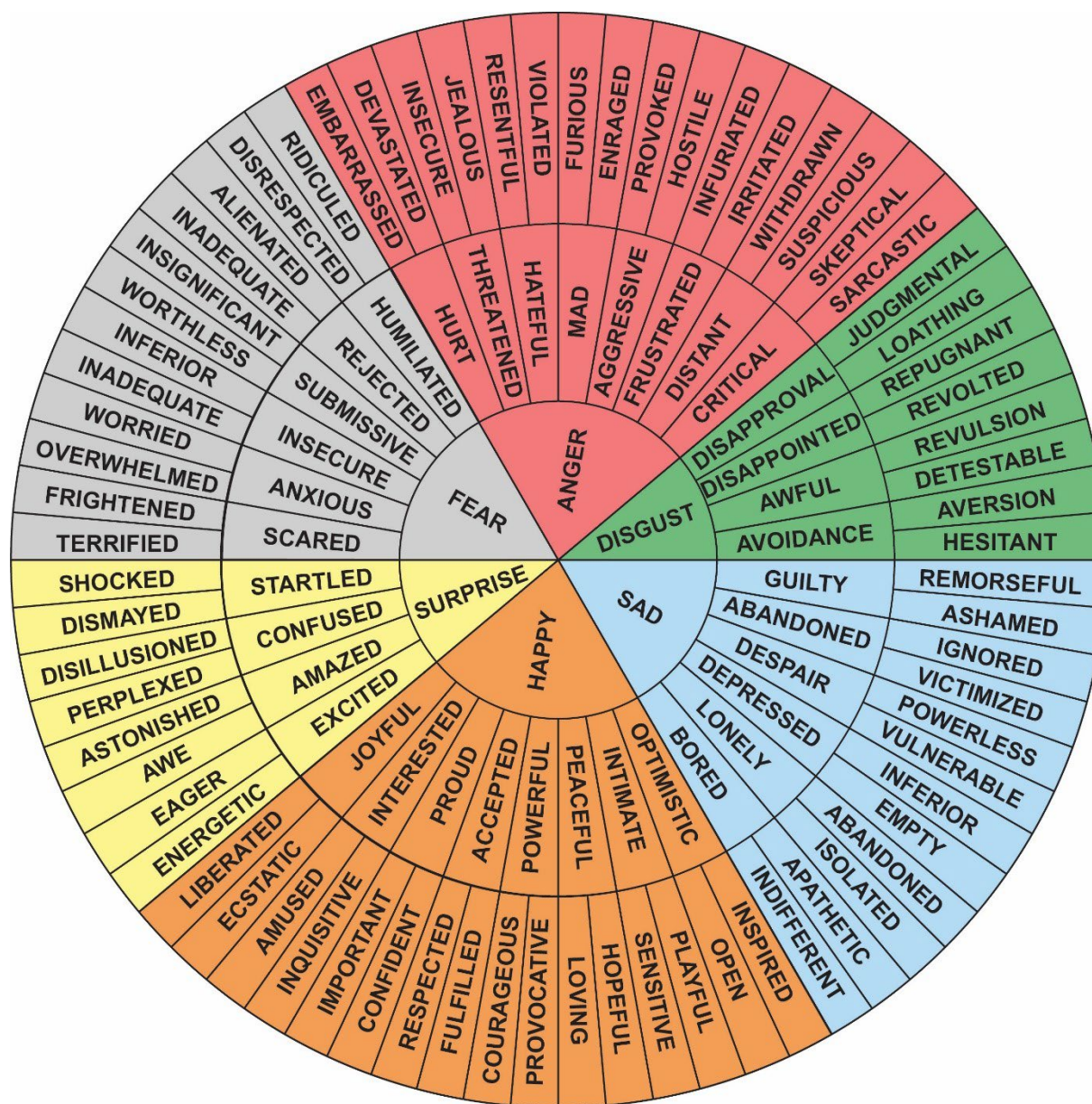


Describing Your Emotions



Reproduced with permission from the publisher Thinkmap, Inc. Copyright © 1998–2018. All rights reserved. Further reproduction is prohibited without Thinkmap, Inc.’s written consent. For more information, visit <https://www.vocabulary.com>.

For each of the situations in the table, identify three feelings from the *Feeling Words Wheel* that you might be having at that moment. Try not to choose feelings in the center circle (i.e., fear, anger, disgust, sad, happy, surprise) or a cluster of feelings in the same domain, but instead identify complex feelings from the two outer rings and from multiple domains. For example, the first scenario may result in feelings from the sadness, anger, and fear domains.

<p>Example: My car won't start, so I'll be late to practice.</p>	<ul style="list-style-type: none"> • Powerless • Anxious • Frustrated
<p>1. Your boyfriend or girlfriend is clearly interested in someone else</p>	
<p>2. You are the best player on your team</p>	
<p>3. You lost a piece of jewelry that a friend gave you</p>	
<p>4. You are in a class where you don't think you can learn the material or do the project</p>	
<p>5. Your parent has unjustly accused you of doing something you didn't do</p>	
<p>6. You aced the science unit, and it was easy for you</p>	
<p>7. You were in a one-car accident, and it was your fault</p>	
<p>8. You have too much homework and not enough time to get it done</p>	