

THE KEITT INSTITUTE

SOUND OFF

EMOTION VOCABULARY BUILDING JOURNAL

VOL. 1

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The Keitt Institute Inc. A Center for Emotional Development and Wellbeing.
Founded in 2013.

Disclaimer: The Keitt Institute specializes in teaching emotional skills to people to help them increase their emotional intelligence. The information provided in this journal should not be used as a substitute for licensed, professional therapy. It is designed to coach you through emotional development practices that will help you achieve greater well-being in your life.

How to use this journal

This journal will help you develop a robust emotion vocabulary so that you can increase your emotional intelligence and thrive in life.

The ability to label emotions is an important component of emotional intelligence taught by The Keitt Institute. This ability enables you to identify emotions accurately and to differentiate between your feelings for more effective emotion management. With the right emotion word, you can communicate your emotions more clearly to people. As you go through the feeling words in this journal, note your experience with these emotions. Examine how often you feel each emotion and create an emotion management strategy to regulate the emotions. Remember, you can only manage the emotions that you can name accurately.

Admiration

Warm approval

What is your experience with this emotion?

On a scale of one to five, how often do you feel this emotion?
(1=never, 2=infrequently, 3=sometimes, 4=a lot, 5=all the time)

What emotion regulation strategy do you use to control or will you use to cultivate this emotion?

Infuriated

Extremely angry and impatient

What is your experience with this emotion?

On a scale of one to five, how often do you feel this emotion?
(1=never, 2=infrequently, 3=sometimes, 4=a lot, 5=all the time)

What emotion regulation strategy do you use to control or will you use to cultivate this emotion?

Awe

A feeling of reverential respect mixed with fear or wonder

What is your experience with this emotion?

On a scale of one to five, how often do you feel this emotion?
(1=never, 2=infrequently, 3=sometimes, 4=a lot, 5=all the time)

What emotion regulation strategy do you use to control or will you use to cultivate this emotion?

Politeness

Consideration, tact, deference, or courtesy

What is your experience with this emotion?

On a scale of one to five, how often do you feel this emotion?
(1=never, 2=infrequently, 3=sometimes, 4=a lot, 5=all the time)

What emotion regulation strategy do you use to control or will you use to cultivate this emotion?

Hope

A feeling of expectation and desire for a certain thing to happen

What is your experience with this emotion?

On a scale of one to five, how often do you feel this emotion?
(1=never, 2=infrequently, 3=sometimes, 4=a lot, 5=all the time)

What emotion regulation strategy do you use to control or will you use to cultivate this emotion?

Offended

Resentful or annoyed, typically as a result of a perceived insult

What is your experience with this emotion?

On a scale of one to five, how often do you feel this emotion?
(1=never, 2=infrequently, 3=sometimes, 4=a lot, 5=all the time)

What emotion regulation strategy do you use to control or will you use to cultivate this emotion?

Determined

Free from doubt about doing something

What is your experience with this emotion?

On a scale of one to five, how often do you feel this emotion?
(1=never, 2=infrequently, 3=sometimes, 4=a lot, 5=all the time)

What emotion regulation strategy do you use to control or will you use to cultivate this emotion?

Frustrated

Feeling or expressing distress and annoyance, especially because of inability to change or achieve something

What is your experience with this emotion?

On a scale of one to five, how often do you feel this emotion?
(1=never, 2=infrequently, 3=sometimes, 4=a lot, 5=all the time)

What emotion regulation strategy do you use to control or will you use to cultivate this emotion?

Attentive

The action of paying close attention to something

What is your experience with this emotion?

On a scale of one to five, how often do you feel this emotion?
(1=never, 2=infrequently, 3=sometimes, 4=a lot, 5=all the time)

What emotion regulation strategy do you use to control or will you use to cultivate this emotion?

Annoyed

Slightly angry; irritated

What is your experience with this emotion?

On a scale of one to five, how often do you feel this emotion?
(1=never, 2=infrequently, 3=sometimes, 4=a lot, 5=all the time)

What emotion regulation strategy do you use to control or will you use to cultivate this emotion?

Grounded

Sensible and reasonable

What is your experience with this emotion?

On a scale of one to five, how often do you feel this emotion?
(1=never, 2=infrequently, 3=sometimes, 4=a lot, 5=all the time)

What emotion regulation strategy do you use to control or will you use to cultivate this emotion?

Self- Motivated

Driven by one's own desires and ambitions

What is your experience with this emotion?

On a scale of one to five, how often do you feel this emotion?
(1=never, 2=infrequently, 3=sometimes, 4=a lot, 5=all the time)

What emotion regulation strategy do you use to control or will you use to cultivate this emotion?

Next Steps & Reflection

Which emotions do you feel the most? Which ones do you feel the least?

Which emotion regulation strategies will you put into practice?

What is the next step that you need to take to build your emotion vocabulary?



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