

THE KEITT INSTITUTE

# *SOUND OFF*

EMOTION VOCABULARY BUILDING JOURNAL

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*VOL. 2*

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The Keitt Institute Inc. A Center for Emotional Development and Wellbeing.  
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# How to use this journal

As you build your emotion vocabulary, note when and how you experience these emotions. You can only manage the emotions that you name accurately.

# Bitter

Angry, hurt, or resentful because of one's bad experiences or a sense of unjust treatment

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

Motivated to do or achieve something because of one's own enthusiasm or interest, without needing pressure from others

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?

# Aggressive

Ready or likely to attack or confront

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?

# Gaslighting

The act of undermining another person's reality

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?

# Bold

Confident and courageous

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?



# Gratified

To give pleasure or satisfaction to

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?

# Challenged

A call to engage in a contest or fight

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?

# Embarrassed

A feeling of self-consciousness, shame, or awkwardness

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?

# Informed

Based on good knowledge of something;  
having a lot of knowledge or information

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?

# Claustrophobic

An extreme or irrational fear of confined spaces

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?

# Eager

Very excited and interested

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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