

THE KEITT INSTITUTE

# *SOUND OFF*

EMOTION VOCABULARY BUILDING JOURNAL

---

*VOL. 3*

[www.keittinstitute.org](http://www.keittinstitute.org)

© 2022 The Keitt Institute. All rights reserved.

No part of this publication may be reproduced, distributed, or transmitted in any form or by any means, including photocopying or any other electronic or mechanical method, without prior written permission of the editor, except in the case of brief quotations embodied in critical reviews and certain other noncommercial uses permitted by copyright law. For permission requests, please write to us.

Contact

[hello@keittinstitute.org](mailto:hello@keittinstitute.org)

[www.keittinstitute.org](http://www.keittinstitute.org)

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

# 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.

# Amused

To hold the attention of (someone) pleasantly; entertain or divert in an enjoyable or cheerful manner

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-Caring

The act of attending to one's physical or mental health, generally without medical or other professional consultation

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?

# Joy

A feeling of great pleasure and happiness

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?

# Stressed

Experiencing mental or emotional strain or tension

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?

# Tenderness

Gentleness and kindness

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?



# Foolish

Lacking good sense or judgment; unwise

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?

# Calm

Tranquil and quiet

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?

# Distraction

Extreme agitation of the mind or emotions

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?

# Expectancy

The feeling that something exciting or pleasant is going 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?

# Lonely

Sad because one has no friends or company

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?

# Satisfaction

A pleasant feeling that you get when you receive something you wanted, or when you have done something you wanted to do

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?

# Illuminated

To make lucid or clear

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?





# The Keitt Institute

A Center for Emotional Development and Wellbeing

[keittinstitute.org](http://keittinstitute.org)