

THE KEITT INSTITUTE

SOUND OFF

EMOTION VOCABULARY BUILDING JOURNAL

VOL. 4

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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.

Affection

A gentle feeling of fondness or liking

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?

Arrogant

Having or revealing an exaggerated sense of one's own importance or abilities

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?

Curiosity

A strong desire to know or learn 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?

Lazy

Unwilling to work or use energy

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?

Perplexed

Completely baffled; very puzzled

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?

Reflective

Deep thought or contemplation

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-respect

Holding yourself in esteem and believing that you are good and worthy of being treated well

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?

Charitable

Apt to judge others leniently or favorably

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?

Peaceful

Free from disturbance; tranquil

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?

Demoralized

Lost confidence or hope; disheartened

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?

Jealous

Feeling or showing envy of someone; showing suspicion of someone's unfaithfulness; fiercely protective or vigilant of one's rights

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?

Hospitable

Providing a warm, friendly environment

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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