

THE KEITT INSTITUTE

# *SOUND OFF*

EMOTION VOCABULARY BUILDING JOURNAL

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*VOL. 5*

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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.

# Surprise

An unexpected or astonishing event, fact, or thing

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?

# Mad

Very angry

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?

# Discombobulated

Upset the composure of; disconcert

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?

# Confident

Having a feeling or belief that you can do something well or succeed at 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?

# Focused

Pay particular attention 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?



# Alarmed

Feeling frightened

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?

# Moody

Given to unpredictable changes of mood, especially sudden bouts of gloominess or sullenness

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?

# Serenity

The quality of being peaceful and calm

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?

# Puzzled

Unable to understand; perplexed

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?

# Tolerance

The quality of allowing other people to say and do what they like, even if you do not agree with or approve of it

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?

# Worthy

Having worth, value, or merit

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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