

THE KEITT INSTITUTE

SOUND OFF

EMOTION VOCABULARY BUILDING JOURNAL

VOL. 6

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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.

Acceptance

The action of consenting to receive or undertake something offered

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?

Vigilance

The process of paying close and continuous attention

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?

Stuck

Unable to move from a particular position or place, or unable to change a situation

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?

Interest

Excite the curiosity or attention of

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?

Melancholy

A feeling of pensive sadness, typically with no obvious cause

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?

Epiphany

A usually sudden manifestation or perception of the essential nature or meaning of 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?

Contempt

A feeling that someone or something is not worthy of any respect or 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?

Adequate

Enough or good enough for what is required or needed; sufficient

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?Text200

Jubilation

A feeling of great happiness and triumph

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?

Pensiveness

Engaged in deep and serious thought

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?

Suspicious

Having or showing a cautious distrust of someone or 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?

Comfortable

Free from stress or conducive to mental ease

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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