

# Basic Emotion Assessment Instructions

## and List of Emotions Instructions

### Group Topic: Emotional Identification

(April 20<sup>th</sup>-24<sup>th</sup>)

#### Basic Emotion Assessment Instructions:

Completing the Emotion Assessment can be helpful when we are unsure of how to “rank” our current emotional state. Try to complete the Emotion Assessment worksheet 2-3 times per week, and then compare your emotions and their levels of intensity. After several of these assessments have been completed, review the responses independently or with other people to see if there have been any changes. You might be surprised by what you find! The emotional changes that come with therapy are usually slow and hard to detect. It can be powerful for people to see the slow and steady improvement of their mood, indicating that their hard work on identifying their moods and making positive changes are making a difference. Having a ritual, such as completing this simple assessment, also serves as a great way to ease into groups of people. You can complete the assessment with as many people as you want, or you can complete by yourself! Completing the questionnaire will force us to take a moment to think about our week and how we are feeling, which will usually bring up something valuable to discuss amongst ourselves or with others that we can trust.

#### List of Emotions Instructions:

Sometimes, you just need a long **List of Emotions**. This printout is just that. The 57 emotions listed on this worksheet range from simple (e.g. happiness, sadness) to advanced (e.g. inadequate, unfriendly). It can be helpful to have one of these worksheets handy, and it can help determine why you may have difficulty verbalizing

how you feel. You have the choice to pick from a list in order to better express yourself, and to understand some new vocabulary of emotions in the process.

If you want to get creative, this worksheet can be used for a number of other purposes as well. For example, you might ask friends or family members to take a few minutes to circle the emotions they have experienced within the past week, and then to share their responses. This sort of activity serves as an excellent icebreaker, or an activity to improve emotional literacy.