

EMOTIONAL REFERENCE SHEET

This handout is designed to help you recognize and talk about your feelings. It is a simple but helpful resource that presents a list of emotions, along with common signs and behaviors that can help to identify them.



ANGER

Related Emotions

Annoyed

Enraged

Frustrated

Irate

Irritated

Mad

Signs and Behaviors

Aggression

Arguing

Blaming

Clenching Fists

Feeling Hot

Increased Heart Rate

Raising Voice / Yelling

Staring

Stern / Harsh Tone

Trembling

Using Insults



ANXIETY

Related Emotions

Dread
Fear
Jittery
Nervous
Scared
Stressed
Timid
Uneasy
Worried

Signs and Behaviors

Avoidance	Pacing
Catastrophizing	Racing Heart
Crying	Racing Thoughts
Difficulty Concentrating	Rumination
Digestive Issues	Shortness of Breath
Headache	Sweating
Irritability	Tapping Foot
Muscle Tension	Trembling
Nail Biting	



HAPPINESS

Related Emotions

Cheerful
Content
Excited
Glad
Joyful
Pleased
Satisfied

Signs and Behaviors

Creative Thinking
Engage in Self-Care
Feeling Sociable
Helpful
Increased Energy
Increased Motivation
Laughing
More Active
Optimism
Playful
Smiling



JEALOUSY

Related Emotions

Bitter

Contempt

Envious

Spiteful

Signs and Behaviors

Acting Possessive

Controlling

Distrust

Fear of Abandonment

Feelings of Inadequacy

Frustration

Insecurity

Making Hurtful

Comments

Making Threats

Negative Thinking



LOVE

Related Emotions

Affection
Attachment
Closeness
Compassion
Desire
Endearment
Fondness
Tenderness

Signs and Behaviors

Caring for Another Person	Gestures of Appreciation
Commitment	Kindness
Desire for Connection	Physical Affection
Drive to Protect	Selflessness
Empathy	Thinking Often of the Subject
Enjoying Time Together	
Feeling Vulnerable	



SADNESS

Related Emotions

Depressed
Despair
Disappointment
Down
Emptiness
Grief
Guilt
Hopelessness
Lonely
Shame

Signs and Behaviors

Apathy	Negative Thoughts
Changes in Eating	Neglecting Self-Care
Crying	Poor Self-Esteem
Difficulty Concentrating	Rumination
Fatigue	Sleep Problems
Inactivity	Sluggishness
Irritability	Social Isolation
Loss of Interest in Activities	

