

Working with Emotions Exercise

Describe an interaction or situation where you got triggered:

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What emotions did you feel? (check all that apply)

Surface Emotion

- Frustrated
- Annoyed
- Irritated
- Shut Down
- Resentful
- Frozen/Numb
- Upset
- Disturbed
- Tense
- Disappointed
- Betrayed
- Angry
- Confused
- Alone
- Exhausted

Softer Emotions

- Worried
- Shaky
- Isolated
- Unimportant
- Dismissed
- Let down
- Helpless
- Hopeless
- Hurt
- Panicked
- Intimidated
- Overwhelmed
- Inadequate
- Rejected
- Abandoned
- Failing
- Embarrassed
- Defeated
- Not Heard
- Not Valued
- Desperate

Primary Emotions

- Fear
- Sad
- Shame
- Surprise



Describe an image of those emotions

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