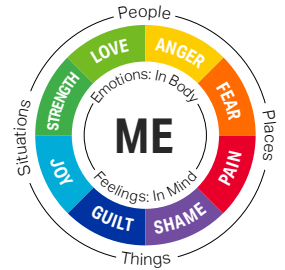




Scan to download
Editable PDF



Activity 4: Explore the Emotions & Feelings Models

Visit R1LEARNING.COM to get Discovery Cards and Activity Worksheets

As you think about your understanding of the Emotions & Feelings Models, answer the questions to explore to the right. You can do this activity for both the 1) 8 Core Emotions Model and 10 Emotional Regulation Practices Model.

Emotions & Feelings
How can I build and maintain my emotional well-being?

8 Core Emotions

© 2023 R1 Publishing LLC / All rights reserved

Emotions & Feelings
How can I build and maintain my emotional well-being?

8 Core Emotions

ANGER Frustrated, Furious, Irritable, Mad, Resentful

FEAR Anxious, Scared, Terrified, Threatened, Unsafe

PAIN Grief or loss, Hurt, Lonely, Pity (self and others), Sad

SHAME Ashamed, Disgraced, Embarrassed, Humiliated, Shameful

GUILT Guilty, Irredeemable, Regretful, Remorseful, Sorry

JOY Celebratory, Content, Grateful, Happy, Hopeful

STRENGTH Confident, Fearless, Resilient, Safe, Strong

LOVE Affectionate, Caring, Connected, Longing, Passionate

Questions to Explore

1. How does it help you to know that there is a model describing Emotions & Feelings?
2. What resonates most with you about the Emotions & Feelings Model given your own experience?
3. How does the Emotions & Feelings Model help you to see how your Emotions & Feelings get activated by People, Places, Things, Situations, and Thoughts?
4. How does the Emotions & Feelings Model provide insight regarding your ability to regulate your emotions in a healthy way?