

How do you describe a Feeling?

Modified from: Building Emotional Intelligence
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Add more describing words to feelings to better understand the depth of emotion.

1. **Name a feeling:** It's not uncommon to have difficulty describing how that emotion feels inside your body. It is possible to have the feeling and "own" the feeling without being able to express in detail what is happening in your body and mind.

2. **How can we better understand our emotions:** Feelings extension activity-

Think of a time when you felt a specific way and identify what was physically happening to your body and what you may have been thinking.

Example: The teacher explained the instructions to the class before the test started. I did not understand what was being said, but was too nervous and apprehensive to ask for clarification.

Nervous/Apprehensive: My palms got warm, I felt heat behind my ears, I felt pressure in my neck and I told myself people would laugh and think I'm not smart if I ask for help. I also told myself I would probably fail.

Once you understand how your body and mind reacts in certain situations, you can take steps in changing aspects of your reactions and develop coping skills.

3. **Reflection:**

I did not understand the directions... raise my hand before my body starts to react.

Avoid negative self talk. I will get help, therefore not fail. Not understanding the first time doesn't mean I am unintelligent.

Are people really looking at me? Do they really care if I raise my hand? Maybe someone else does not understand too.

4. **Challenge yourself and ask probing questions:** It is not always possible to stop our bodies from reacting in a nonvoluntary way, but we can challenge ourselves as to what we can do to help.