

UNLEASH THE POWER OF YOUR BUSINESS!

This tool is designed to help you accurately identify and name your emotions, which is a foundational skill in developing Emotional Intelligence (EQ). The ability to recognize your emotional states plays a key role in how you manage your reactions, build relationships, and navigate both personal and professional situations. Without clear emotion identification, it can be difficult to manage your responses or understand how your emotions affect others.

Developing this skill allows you to:

Improve Self-Awareness: Understanding what you're feeling and why is essential to knowing yourself better.

Enhance Self-Management: Once you identify an emotion, you can better control how you respond to it, particularly in high-stress situations.

Boost Social Awareness: Recognizing your emotions helps you empathize with others and understand their emotional states more accurately.

Strengthen Relationship Management: Properly identifying emotions allows for better communication and conflict resolution, leading to healthier relationships.

This tool will help you start that journey by offering a structured way to pinpoint and reflect on your emotions using the Emotion Identification Chart and Tracking Worksheet.

Section 1: Emotion Identification Chart

The core of this tool is the **Emotion Identification Chart**, which categorizes emotions into eight primary groups, each with related subcategories and an intensity scale. This chart will help you identify emotions with greater accuracy and track how strong those emotions are.

Emotion Categories and Subcategories:

The following table categorizes emotions into the eight primary groups, including their related subcategories. Each emotion is paired with common physical cues and intensity levels, which will help you identify how strongly you are feeling each emotion.

Basic Emotion	Subcategories	Physical Cues	Intensity Levels
Happy	Contentment, Pride, Amusement, Relief	Smiling, relaxed body, warmth	Mild, Moderate, Intense
Trust	Acceptance, Admiration, Respect, Affection	Open posture, nodding, eye contact	Mild, Moderate, Intense
Fear	Anxiety, Worry, Terror, Nervousness	Rapid heartbeat, sweating, trembling	Mild, Moderate, Intense
Surprise	Shock, Amazement, Astonishment, Confusion	Raised eyebrows, wide eyes, gasping	Mild, Moderate, Intense
Sad	Disappointment, Grief, Loneliness, Hopelessness	Crying, slumped posture, low energy	Mild, Moderate, Intense
Disgust	Contempt, Aversion, Revulsion, Disdain	Wrinkled nose, pursed lips, recoiling	Mild, Moderate, Intense
Angry	Frustration, Irritation, Rage, Resentment	Tense muscles, clenched fists, frowning	Mild, Moderate, Intense
Anticipation	Interest, Curiosity, Vigilance, Eagerness	Leaning forward, focused eyes, alertness	Mild, Moderate, Intense

Emotions Wheel Explanation:

The Emotions Wheel graphic visually represents the eight primary emotion categories—Happy, Trust, Fear, Surprise, Sad, Disgust, Angry, and Anticipation—along with their related subcategories. This wheel is designed to help you easily identify and label your emotions by breaking them down into more specific feelings within each category. As you reflect on your emotional experiences, use the wheel as a guide to pinpoint the exact emotion you're feeling. This tool will help you expand your emotional vocabulary and increase your ability to accurately recognize and manage your emotions, a foundational skill in Emotional Intelligence.



Intensity Levels:

Understanding the intensity of your emotions helps you gain further clarity on how those emotions are affecting you and your responses. Below are examples of what each intensity level might look like for various emotions:

- **Mild:** The emotion is present but doesn't strongly influence your thoughts or behavior.
 - **Happy:** Feeling content after a pleasant conversation.
 - **Fear:** Mild nervousness before a routine meeting.
 - **Angry:** Slight irritation when a minor inconvenience occurs, such as a late delivery.
- **Moderate:** The emotion is noticeable and begins to shape your thoughts and actions.
 - **Happy:** Feeling proud after completing a major task successfully.
 - **Fear:** Anxiety before an important presentation, with physical symptoms like a rapid heartbeat.
 - **Angry:** Frustration when a project doesn't go as planned, leading to a tense conversation.
- **Intense:** The emotion is strong and dominates your thoughts and behavior, often accompanied by physical reactions.
 - **Happy:** Feeling ecstatic after a major life event, like receiving a promotion.
 - **Fear:** Terror in a life-threatening situation.
 - **Angry:** Rage in response to perceived injustice, leading to shouting or physical signs of tension like clenched fists.

Section 2: Emotion Tracking Worksheet

This worksheet is designed to help you track your emotions throughout the day or week, providing a space to note your feelings, their triggers, and your responses. Use this alongside the Emotion Identification Chart to gain deeper insights into your emotional patterns.

Date/Time	Emotion	Intensity	Trigger	Physical Cues	Response
08/20, 9 AM	Frustration	Moderate	Missed the morning meeting	Tense shoulders, frowning	Took a deep breath, rescheduled
08/21, 3 PM	Happy	Intense	Received positive feedback	Smiling, feeling light and warm	Expressed gratitude to the team
08/22, 7 PM	Anxiety	Mild	Upcoming presentation	Rapid heartbeat, sweating palms	Practiced breathing exercises
08/23, 5 PM	Trust	Moderate	Received encouragement from a colleague	Relaxed posture, smiling	Thanked them and offered support in return

Instructions:

1. **Daily Check-In:** Use the Emotion Identification Chart to label your emotions throughout the day.
2. **Event-Based Reflection:** After significant events, fill out the worksheet to understand what emotions were triggered and how you responded.
3. **Weekly Review:** At the end of each week, review your worksheet entries to identify any patterns in your emotional experiences.

Section 3: Using the Chart and Worksheet

1. Daily Check-In:

- Set aside a few moments each day to identify what emotions you are feeling. Use the chart to find the most accurate label and note the intensity level.

2. Event-Based Reflection:

- After specific events, especially those that provoke strong emotions, fill out the Emotion Tracking Worksheet. Pay attention to the triggers and how you responded.

3. Pattern Recognition:

- After a week or more, review your Emotion Tracking Worksheets. Look for patterns in the emotions you experience, the intensity of those emotions, and how you manage them.

4. Growth Areas:

- Identify areas where it's challenging to recognize or manage emotions and set goals for improvement.

Conclusion

By regularly using the Emotion Identification Chart and the Emotion Tracking Worksheet, you are taking important steps toward improving your emotional self-awareness. Accurately identifying your emotions is essential for building a strong foundation in Emotional Intelligence. As you continue to develop this skill, the next step is to understand *why* you experience these emotions.

We encourage you to continue using this chart regularly to strengthen your emotional self-awareness. Mastering this skill will set the stage for more advanced techniques in Emotional Intelligence, which we'll cover in the coming tools.

In the next tool, the Trigger Tracking, you'll explore the specific events or circumstances that trigger your emotional responses. By identifying these patterns, you will gain deeper insights into your emotional reactions and learn how to better manage them. Mastering this will further enhance your ability to navigate both personal and professional relationships with greater emotional intelligence.

Emotion Tracker Template

The Emotion Identification Tool is designed to help you build emotional self-awareness by accurately identifying and labeling the emotions you experience throughout your day. Understanding your emotions is a foundational step in developing Emotional Intelligence, allowing you to manage your reactions more effectively and interact more meaningfully with others. This tool provides a chart of core emotions and subcategories, along with a tracking worksheet to help you record and reflect on your emotional experiences.

Date/Time	Emotion	Intensity	Trigger	Physical Cues	Response