Finding your emotions.

**Instructions:** Sometimes it is hard to find the right words to describe what is going on and OCD can leave us unsure how we feel, even on good days we may find it hard to put into words. This worksheet is a simple one, it’s a list of emotions designed to help you understand and/or express how you might be feeling today, if you’re struggling to verbalise those feelings. We hope this worksheet will be a practical tool to help you better express yourself to those around you.

The list of 145 emotions on the next page range from basic to complex emotions. The list can be used as a one-off on days you need a starting point to help understand how you feel, or you can use it on a weekly basis to chart any progress and you can circle the emotions you have experienced within the past week. You can also use it either to identify your strongest feeling at any one time, or, if you are aware that you have mixed feelings, to identify several emotions you are feeling at the same time (perhaps limit to no more than five at a time).

Feel free to circle your chosen words, or even cut out the words you want to use.

|  |  |  |  |
| --- | --- | --- | --- |
|  absurd |  dependent |  hurt |  renewed |
|  accomplished |  depressed |  impatient |  resentful |
|  adventurous |  determined |  impaired |  resilient |
|  afraid |  discouraged |  inadequate |  restless |
|  aggravated |  disdain |  independent |  sad |
|  amazed |  disgusted |  indifferent |  satisfied |
|  ambitious |  distressed |  inquisitive |  scared |
|  ambivalent |  eager |  insecure |  self-conscious |
|  angry |  ecstatic |  inspired |  selfish |
|  annoyed |  elated |  irresponsible |  serene |
|  anxious |  embarrassed |  irritated |  shameful |
|  ashamed |  empowered |  jealous |  shocked |
|  assertive |  empty |  joy |  sorrowful |
|  awkward |  energetic |  judged |  strong |
|  bitter |  enlightened |  lonely |  stupid |
|  blamed |  enthusiastic |  lost |  suspicious |
|  bombarded |  envious |  loved |  tense |
|  bored |  excited |  mad |  terrified |
|  burdened |  excluded |  marvellous |  thankful |
|  brave |  exhausted |  miserable |  thoughtful |
|  calm |  exhilarated |  motivated |  tired |
|  carefree |  failure |  neglected |  trapped |
|  careless |  fearful |  nervous |  troubled |
|  cautious |  focused |  optimistic |  uncertain |
|  certain |  foolish |  overwhelmed |  uncomfortable |
|  challenged |  fortunate |  panicked |  unique |
|  cheerful |  free |  peaceful |  uneasy |
|  cloud nine |  frightened |  pessimistic |  unsafe |
|  comfortable |  frustrated |  playful |  unsure |
|  composed |  furious |  positive |  warm |
|  confident |  garbage |  powerless |  weak |
|  confused |  grievous |  prepared |  worn |
|  content |  guilty |  proud |  worried |
|  delighted |  grumpy |  refreshed |  worthless |
|  defenceless |  happy |  regretful |  |
|  defensive |  helpless |  relaxed |  |
|  dejected  ted |  hopeful |  relieved |  |