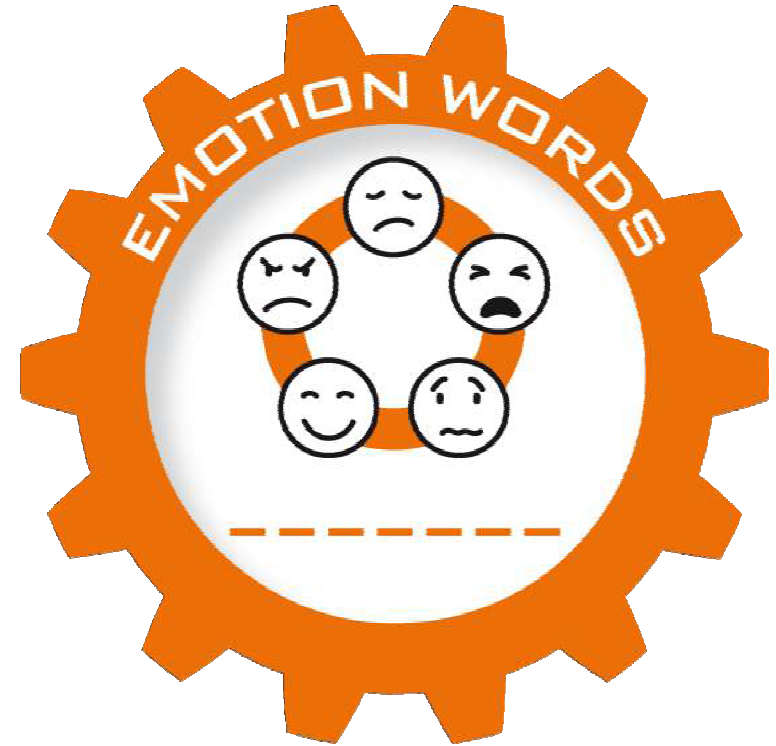


the orange cog

the words we use to name
our feelings and emotions

Worried
Excited
Sad
Frustrated
Relieved
Calm
Worried
Guilty



happy

frightened

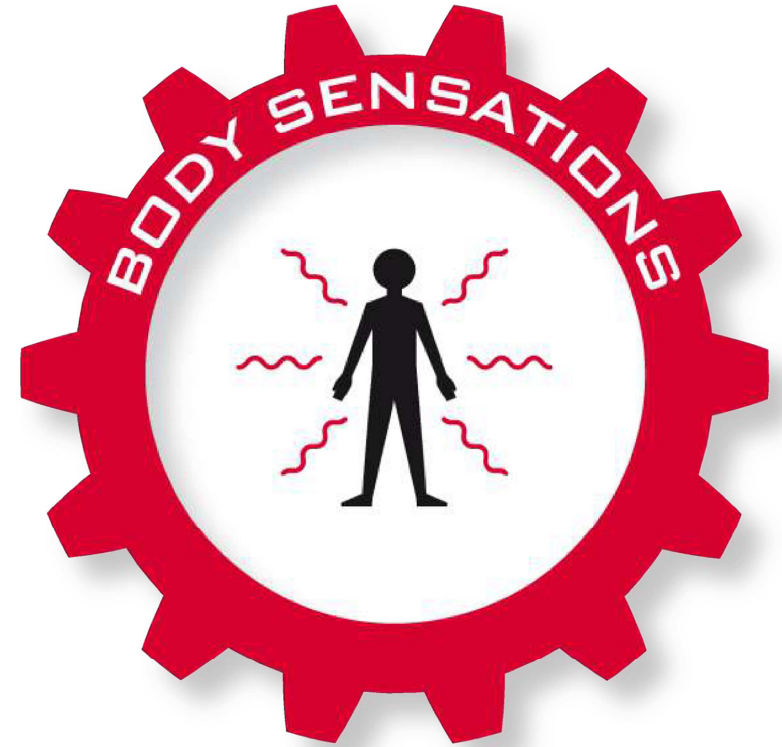
EMOTION WORDS – the words we use to describe an emotional state. ‘Words’ may be spoken, signed or represented with a symbol. Thirteen broad categories of emotional experience are presented here, with the most common first words for each category listed initially, followed by a number of related words and terms for related and more sophisticated concepts. Extending emotion vocabulary leads to more opportunities for conversation and learning around emotional topics, which in turn helps to develop and deepen emotional understanding.

<p>HAPPINESS</p> <p>Happy Good Glad Pleased Satisfied Appreciated Content Relieved Cheerful Joyful Amused Tickled Delighted Elated Thrilled Ecstatic</p>	<p>AT PEACE COMFORTABLE</p> <p>OK Fine Calm Peaceful Safe Secure Relaxed Chilled Settled Comfortable Rested Mellow Tranquil Content Serene Contained</p>	<p>POSITIVE ANTICIPATION</p> <p>Excited Enthusiastic Eager Hopeful Optimistic</p> <p>Longing</p> <p>EMPATHY</p> <p>Empathic Sympathetic Concerned Supportive Compassionate</p>	<p>CONFIDENCE</p> <p>Loved Cared for</p> <p>Brave Proud Sure Safe Confident Strong Robust Resilient Secure Optimistic Trusting Empowered</p>	<p>POSITIVE SOCIAL</p> <p>Like (someone) Love (someone)</p> <p>Friendly Loving Proud Grateful Thankful Affectionate Warm Appreciative Boosted Soothed Moved Touched Impressed Inspired In awe</p>	<p>POSITIVE ENGAGEMENT</p> <p>Like (something) Love (something)</p> <p>Yum Interested Wondering Curious Intrigued Stimulated Motivated Fascinated Captivated Enthralled Engrossed Passionate Awed</p>
<p>SADNESS</p> <p>Sad Upset Unhappy Disappointed Lonely Left out Hurt Miserable Down Low Depressed Devastated Distraught Grief-stricken Sorry Regret Let-down Rejected Dumped Abandoned</p>	<p>ANGER</p> <p>Angry Mad Cross Grumpy Upset Annoyed Fed up Miffed Irritated Frustrated Disgruntled Misunderstood Raging Furious</p>	<p>FEAR</p> <p>Scared Frightened Afraid Worried Nervous Anxious Unsure Apprehensive Trepidation Wary Concerned Unsafe Insecure Terrified Petrified Phobic Doubtful Pessimistic Dreading</p>	<p>UNEXPECTED EVENTS UNREST / DISQUIET</p> <p>Surprised Shocked Amazed Alarmed Astonished Horrorified Uneasy Wary Alert Unsettled Suspicious Awkward Concerned Bothered Stressed Agitated Overwhelmed</p>	<p>NEGATIVE SOCIAL</p> <p>Don't Like (someone) Hate (someone)</p> <p>Lonely Shy Embarrassed Jealous Envious Bashful Awkward Humiliated Mortified Sorry Regretful Guilty Ashamed Longing Lost Hurt</p>	<p>NEGATIVE ENGAGEMENT</p> <p>Don't like (something) Hate (something)</p> <p>Yuk Bored Fed up Confused Muddled Puzzled Baffled Lost Frustrated Disgusted Longing</p> <p>Over-excited Over-stimulated Obsessed</p>

the pink-red cog

the sensations we notice in our body when we feel an emotion

Racing heart
Sweaty palms
Dry mouth
Butterflies in stomach
Dizzy
Goosebumps
Weak
Fuzzy head



BODY SENSATIONS – this cog concept is captured by the words and phrases that identify and describe the sensations we might feel in different areas of our body when we experience an emotion. Most sensations can't be observed by others but the ability to notice, think and talk about them requires good self awareness. Locating a sensation is often easier to do than describing it.

WHERE?	HOW IT FEELS																																																																						
Skin	hot cold chill shivery crawly tingly goosebumps hairs stand up itchy prickly perspiration sweating clammy																																																																						
Muscles	shaky tense tight achy tired heavy relaxed floppy melty buzzy restless twitchy can't stay still jumpy																																																																						
Head	dizzy giddy light-headed faint head ache sharp pounding thumping can't think straight blank confused queasy nauseous																																																																						
Forehead	perspiration sweating hot cold clammy tight																																																																						
Face: eyes	stingy watery want to cry blinking blurry blurred vision sore itchy wide sleepy droopy																																																																						
Face: cheeks	hot flushed blushing burning red white pale cold clammy																																																																						
Face: mouth	dry thirsty watery tingly tongue speechless tongue-tied dumb-struck Teeth clenched grinding chattering shivering																																																																						
Throat	tight dry lump want to cry swallow gulp choking sickly sore																																																																						
Neck	tense hairs stand up hot flushed rash red																																																																						
Voice	need to / want to shout, scream, laugh, swear, make a noise speechless dumb-struck sore																																																																						
Shoulders	tense tight achy spasms heavy pressure relaxed																																																																						
Arms	heavy shaky tingly tense muscles restless want to move relaxed floppy Armpits perspiration sweating																																																																						
Hands	shaky sweaty cold itchy fidgety want to move relaxed floppy																																																																						
Chest	tight heavy winded deflated tight pain light sinking feeling																																																																						
Lungs / Breathing	gasping breathless shortness of breath need fresh air choking can't breathe shallow deep																																																																						
Heart	racing fast slow steady thumping pounding in my mouth fluttering heavy heart sinking skipping missed a beat burst																																																																						
Wrist / Neck / Heart	pulse: racing fast slow steady resting																																																																						
Tummy / Stomach	sick churning sinking knot butterflies fluttery sinking feeling pain tension hungry full no appetite queasy nauseous																																																																						
Back	tense achy pressure pushing tickly itchy relaxed																																																																						
Bottom	tingly tense hot cold																																																																						
Legs	weak at the knees jelly tingly restless relaxed floppy tense																																																																						
Feet	sweaty itchy restless relaxed floppy frozen to the spot can't move buzz																																																																						
All over / general:	<table border="0"> <tr> <td>notice</td> <td>suddenly</td> <td>nice</td> <td>not nice</td> <td>restless</td> <td>floaty</td> <td>frozen</td> <td>shaky</td> <td>weak</td> <td>detached</td> </tr> <tr> <td>body scan</td> <td>slowly</td> <td>comfortable</td> <td>uncomfortable</td> <td>buzzing</td> <td>light</td> <td>stunned</td> <td>trembly</td> <td>numb</td> <td>'out of body'</td> </tr> <tr> <td>locate</td> <td>different</td> <td>pleasant</td> <td>unpleasant</td> <td>wired</td> <td></td> <td></td> <td>shivery</td> <td>dull</td> <td>unreal</td> </tr> <tr> <td>think</td> <td>weird</td> <td>lovely</td> <td>horrible</td> <td>rush</td> <td>tingly</td> <td>falling</td> <td>twitchy</td> <td>empty</td> <td>déjà vu</td> </tr> <tr> <td>nothing</td> <td>strange</td> <td>strong</td> <td>unbearable</td> <td>stingy</td> <td>pressure</td> <td>moving</td> <td>jittery</td> <td>floppy</td> <td>surreal</td> </tr> <tr> <td>no sensations</td> <td>funny</td> <td>firm</td> <td>overwhelming</td> <td>sharp</td> <td>tension</td> <td></td> <td>itchy</td> <td>still</td> <td>creeped</td> </tr> <tr> <td></td> <td>odd</td> <td></td> <td></td> <td>explode</td> <td></td> <td></td> <td></td> <td></td> <td>heebie-jeebies</td> </tr> </table>	notice	suddenly	nice	not nice	restless	floaty	frozen	shaky	weak	detached	body scan	slowly	comfortable	uncomfortable	buzzing	light	stunned	trembly	numb	'out of body'	locate	different	pleasant	unpleasant	wired			shivery	dull	unreal	think	weird	lovely	horrible	rush	tingly	falling	twitchy	empty	déjà vu	nothing	strange	strong	unbearable	stingy	pressure	moving	jittery	floppy	surreal	no sensations	funny	firm	overwhelming	sharp	tension		itchy	still	creeped		odd			explode					heebie-jeebies
notice	suddenly	nice	not nice	restless	floaty	frozen	shaky	weak	detached																																																														
body scan	slowly	comfortable	uncomfortable	buzzing	light	stunned	trembly	numb	'out of body'																																																														
locate	different	pleasant	unpleasant	wired			shivery	dull	unreal																																																														
think	weird	lovely	horrible	rush	tingly	falling	twitchy	empty	déjà vu																																																														
nothing	strange	strong	unbearable	stingy	pressure	moving	jittery	floppy	surreal																																																														
no sensations	funny	firm	overwhelming	sharp	tension		itchy	still	creeped																																																														
	odd			explode					heebie-jeebies																																																														

the green cog

the things we do to show our emotions on the outside

Frown

Fidget

Slump

Cheer

Dance

Hide/cover face

Shiver

Run



EMOTION BEHAVIOURS (EXPRESSION) – the things we do to show, communicate, display or express the emotions we feel. Many behaviours can be involved in showing or expressing our emotions...verbal and non-verbal, automatic and learned.

<p>SUMMARY</p> <p>face facial expression actions movements signs gestures noises vocalisations words proximity</p> <p>Externalising...</p> <p>express show display act out act up kick off</p> <p>Internalising...</p> <p>hide cover up withdraw zone out detach isolate dissociate</p>	<p>HEAD</p> <p>turn nod shake bang</p> <p>FOREHEAD/BROW</p> <p>furrow head butt</p>	<p>FACE</p> <p>EXPRESSION</p> <p>blank</p> <p>make a face pull a face screw-up frown</p> <p>smile grin scowl wince grimace</p> <p>NOSE</p> <p>wrinkle snarl</p> <p>CHIN</p> <p>jut out</p> <p>CHEEKS</p> <p>suck in</p>			<p>EYES</p> <p>cry close narrow scrunch open widen blink wink roll stare glare gaze eye contact look away avert glaze over</p> <p>EYEBROWS</p> <p>raise lower frown knit</p>	<p>MOUTH</p> <p>open smile grin pout tighten lips purse lips snarl</p> <p>curl lip kiss blow kiss spit</p> <p>TONGUE</p> <p>stick tongue out blow raspberry</p> <p>TEETH</p> <p>show bare grit clench grind bite</p>	<p>VOICE / VOCALISE MAKE A NOISE</p> <p>shout scream cheer yell shriek screech grunt groan babble sigh tut hum sing gasp huff and puff rude noise laugh</p> <p>whine whinge cheer whoop blow raspberry</p>	<p>WORDS / TALK SAY SOMETHING</p> <p>comment request compliment thanks gratitude</p> <p>argue insult</p> <p>threaten mean words</p>
	<p>HANDS</p> <p>touch pat flap shake fidget wring grab scratch squeeze push pull pull hair punch slap hit bang thump beat nip poke</p> <p>throw something break / damage / spoil something</p>	<p>HAND GESTURES</p> <p>wave clap beckon high five shake hands thumbs up ok sign flap blow a kiss punch the air make a fist hide eyes rude gesture</p>	<p>ARMS</p> <p>flap cross arms</p> <p>hug cuddle put arm around someone</p> <p>elbow nudge hit something hit someone hit self throw something</p>	<p>LEGS</p> <p>kick shake jump kneel</p> <p>FEET</p> <p>stamp kick shake tap</p>	<p>WHOLE BODY ACTIONS / MOVEMENTS</p> <p>jump run run away rock sway dance skip bend over fall over turn your back make yourself small hide</p>	<p>WITHHOLD WORDS</p> <p>ignore snub sulk huff</p>	<p>HURT</p> <p>self hurt others verbal abuse physical abuse</p>	
					<p>SELF HARM</p> <p>scratch pull hair hit bite kick slap nip pick poke bang head cut</p>			