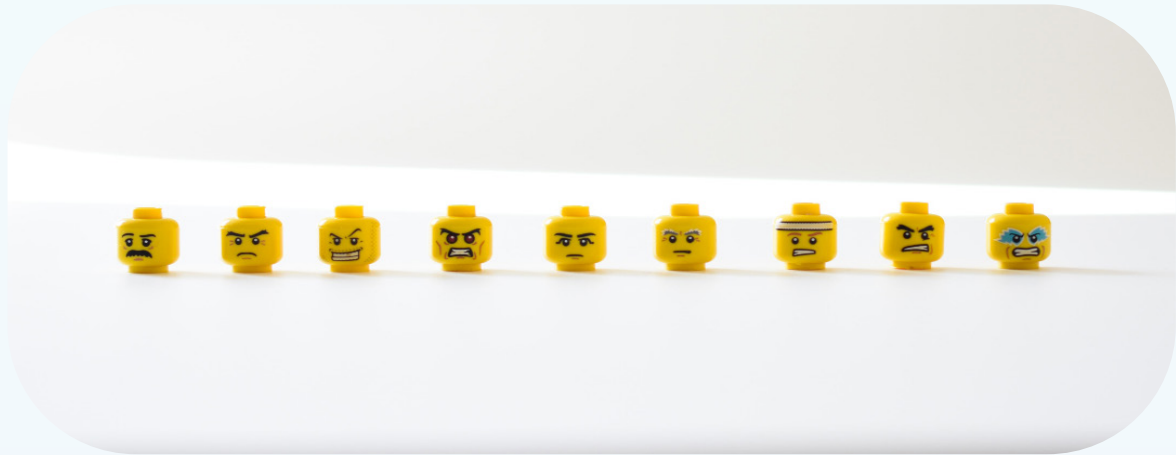


## Identifying Emotion Cards



**Staff Resource:**  
**Emotion Cards - to help students to better understand and differentiate between emotions.**

### **Aims:**

- The cards are designed to help students understand their emotions and differentiate between them - by introducing them to emotions and their common characteristics. This can aid staff in supporting students that struggle to identify their emotions.

### **Resources:**

- [Emotion Cards \(total pack of 12\).](#)

### **Overview:**

This resource is designed to help students to understand the emotions they are feeling. The 'Emotion Cards' feature 12 different emotions that are typically felt by students in general. Each card has a key definition of the word on one side, with some descriptive words on the other side - this will help the student to relate how they are feeling and attribute it to a specific emotion.

The emotions featured in the pack are: joy, anger, sadness, surprise, disgust, fear, pride, excitement, anxiety, scared, content and okay.

Turn overleaf for more information on identifying and differentiating emotion.

## Information on Recognising Emotions

The creator of Dialectical Behavior Therapy (DBT), Dr. Marsha Linehan, has written about this effective six-step process for recognizing emotions, explained in The Dialectical Behavior Therapy Skills Workbook:

### 1. What happened?

This step encourages you to fully describe the emotional event. Try to stick to only facts in this step (not interpretations).

### 2. Why do you think that situation happened?

Consider this an opportunity to identify possible causes of the emotional event. The reason this step is so crucial is because it is often the meaning that we give to events that determine our emotional reactions.

### 3. How did the situation make you feel – emotionally & physically?

Take the time to identify your primary and secondary emotional responses to the event. While this can be a new concept that is tricky to practice, the benefits and insight gained make the endeavor worthwhile.

### 4. What did you want to do as a result of how you felt?

This question encourages you to identify your urges. This step in particular requires complete honesty with yourself for this process to be most effective. It can be painful to admit to ourselves some of the urges that we feel when experiencing emotional reactions. When we are overwhelmed by emotions, there can be urges to do or say something that you would likely regret later.

### 5. What did you do and say?

In this step of recognizing your emotions, you have the opportunity to identify what you actually did as a result of your emotions. Even if you didn't respond ideally, be honest with yourself about how you did handle the situation and use any mistakes as a learning experience.

### 6. How did your emotions and actions affect you later?

In this final step of recognizing your emotions you are encouraged to identify the long-term consequences of your actions. How did your words/actions during an emotionally provocative event impact your long-term well-being?