



## Emotional Intelligence Learning Program

# Self-Awareness - Emotional Intensity

**Emotional intensity** is the extent to which we experience an emotion. We can be very glad or mildly sad, or a little bit mad. It may be helpful to think about emotions as having low intensity, medium intensity, or high intensity. We can use different vocabulary to be more specific about our emotions. Use this chart to help describe the intensity of emotions.

Intensity of feelings	Happy	Sad	Angry	Afraid
<b>High or Strong</b>	<ul style="list-style-type: none"> <li>· Excited</li> <li>· Thrilled</li> <li>· Elated</li> <li>· Overjoyed</li> <li>· Exuberant</li> <li>· Ecstatic</li> <li>· Fired up</li> <li>· Passionate</li> </ul>	<ul style="list-style-type: none"> <li>· Depressed</li> <li>· Agonized</li> <li>· Alone</li> <li>· Hurt</li> <li>· Dejected</li> <li>· Hopeless</li> <li>· Sorrowful</li> <li>· Miserable</li> </ul>	<ul style="list-style-type: none"> <li>· Furious</li> <li>· Enraged</li> <li>· Outraged</li> <li>· Boiling</li> <li>· Irate</li> <li>· Seething</li> <li>· Betrayed</li> <li>· Vengeful</li> </ul>	<ul style="list-style-type: none"> <li>· Shocked</li> <li>· Frantic</li> <li>· Terrified</li> <li>· Horrified</li> <li>· Scared stiff</li> <li>· Petrified</li> <li>· Fearful</li> <li>· Panicky</li> </ul>
<b>Medium or Moderate</b>	<ul style="list-style-type: none"> <li>· Relieved</li> <li>· Satisfied</li> <li>· Cheerful</li> <li>· Grateful</li> <li>· Good</li> <li>· Glowing</li> </ul>	<ul style="list-style-type: none"> <li>· Heartbroken</li> <li>· Somber</li> <li>· Lost</li> <li>· Distressed</li> <li>· Let down</li> <li>· Melancholy</li> </ul>	<ul style="list-style-type: none"> <li>· Trouble</li> <li>· Frustrated</li> <li>· Agitated</li> <li>· Disgusted</li> <li>· Mad</li> <li>· Hostile</li> </ul>	<ul style="list-style-type: none"> <li>· Alarmed</li> <li>· Apprehensive</li> <li>· Insecure</li> <li>· Frightened</li> <li>· Threatened</li> <li>· Intimidated</li> </ul>
<b>Low or Mild</b>	<ul style="list-style-type: none"> <li>· Pleased</li> <li>· Glad</li> <li>· Contented</li> <li>· Pleasant</li> <li>· Surprised</li> <li>· Mellow</li> </ul>	<ul style="list-style-type: none"> <li>· Disappointed</li> <li>· Dissatisfied</li> <li>· Unhappy</li> <li>· Upset</li> <li>· Moody</li> <li>· Blue</li> </ul>	<ul style="list-style-type: none"> <li>· Perturbed</li> <li>· Annoyed</li> <li>· Uptight</li> <li>· Touchy</li> <li>· Miffed</li> <li>· Irritated</li> </ul>	<ul style="list-style-type: none"> <li>· Concerned</li> <li>· Cautious</li> <li>· Nervous</li> <li>· Worried</li> <li>· Unsure</li> <li>· Anxious</li> </ul>

The **Canadian Home Care Association (CHCA)** is a national non-profit association dedicated to strengthening integrated community-based care. Launched in 2021, the CHCA Learning Centre offers a range of flexible and well-designed courses for home and community care providers. Using a blended learning model that leverages technology and instructional design our micro-training courses maximize participant choice and engagement.

**Partners in Restorative Care (PiRC)** is an innovative capacity-building initiative for health care providers (regulated and non-regulated) to enhance their abilities to recognize, understand and address challenges experienced by caregivers when they are supporting a loved-one who is receiving care in their home.

**CHCA Emotional Intelligence Learning Program** increases health care providers emotional intelligence skills through a 3 step process: (1) self-directed e-learning modules, (2) facilitated group learning and (3) practical field application through a structured mentoring process.

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