





EMOTIONAL INTELLIGENCE EDUCATION PROGRAM

Emotional Intensity: Memory Aid

Expand your emotional vocabulary so you can correctly understand, manage and use your own, and other people's emotions to recognize and react in helpful ways to make a positive difference. This chart outlines words we can use to describe our feelings and the various emotional intensities.

Words to Describe Emotional Intensity				
Intensity of feelings	 HAPPY	 SAD	 ANGRY	 AFRAID
HIGH	<ul style="list-style-type: none"> • Excited • Thrilled • Elated • Overjoyed • Exuberant • Ecstatic • Fired up • Passionate 	<ul style="list-style-type: none"> • Depressed • Agonized • Alone • Hurt • Dejected • Hopeless • Sorrowful • Miserable 	<ul style="list-style-type: none"> • Furious • Enraged • Outraged • Boiling • Irate • Seething • Betrayed • Livid 	<ul style="list-style-type: none"> • Shocked • Frantic • Terrified • Horrified • Scared stiff • Petrified • Fearful • Panicky
MEDIUM	<ul style="list-style-type: none"> • Relieved • Satisfied • Cheerful • Grateful • Good • Glowing 	<ul style="list-style-type: none"> • Heartbroken • Sombre • Lost • Distressed • Let down • Melancholy 	<ul style="list-style-type: none"> • Troubled • Frustrated • Agitated • Disgusted • Mad • Incensed 	<ul style="list-style-type: none"> • Uneasy • Apprehensive • Insecure • Frighten • Threatened • Intimidated
LOW	<ul style="list-style-type: none"> • Pleased • Glad • Contented • Pleasant • Surprised • Mellow 	<ul style="list-style-type: none"> • Disappointed • Dissatisfied • Unhappy • Upset • Moody • Blue 	<ul style="list-style-type: none"> • Perturbed • Annoyed • Resistant • Irritated • Touchy • Riled 	<ul style="list-style-type: none"> • Concerned • Cautious • Nervous • Worried • Unsure • Anxious

Note: This is not an exhaustive list of emotions.

EMOTIONAL TRIGGERS

Triggers are events that tap into our vulnerable spots. When they are poked, negative emotions are released. A trigger can be memories, topics, words, or actions.

Common situations that can trigger intense emotions:



Practice with intent

Recognize your triggers by paying attention when a strong emotional response happens.

- What were you feeling?
- How intense was the emotion? If you were angry – were you furious, mad or irritated?
- Did you experience physical symptoms?

When you experience an emotional trigger try these actions:

- Take a step away from the situation
- Take a moment to calm down
- Take a deep breath, practice mindfulness and think about the emotions you are experiencing
- Ask yourself why you are reacting so strongly