

Categorizing Emotions – Emotions Plot Handout

We have many different ways of expressing, and describing emotions. It often helps to be able to categorize emotions in some meaningful way, so that we can correctly a group, or family of emotions as sharing certain qualities. Being able to identify emotions accurately – by giving them proper labels and placing them in distinct categories can help us recognize and label our emotions more precisely.

Instructions: Refer to the *Categorizing Emotions – List of Emotions Handout*. Place each of the emotions from the list on the plot here. For instance, if you think that 'terror' is an unpleasant emotion that is a highly intense, you can place terror in the upper left hand quadrant of the plot.

