Identifying Emotions Worksheet

Client Information

Name: _____   Date of birth: _____

Gender: _____   Date of Consultation: _____

Address: _____

Phone Number: _____   Email Address: _____

Instructions

1. Read each scenario carefully.
2. Identify the emotion(s) that the person in the scenario is feeling.
3. Write down the emotion(s) in the space provided.

Scenario 1: A student just found out that they got an A+ on their math test.

Emotion(s): _____

Scenario 2: A person is waiting for their friend who is running late.

Emotion(s): _____

Scenario 3: A person's pet has passed away.

Emotion(s): _____

Scenario 4: A person just got a surprise party thrown for them.

Emotion(s): _____

Scenario 5: A person is stuck in traffic and is going to be late for an important appointment.

Emotion(s): _____

Scenario 6: A person just finished reading a sad book.

Emotion(s): _____

Scenario 7: A person is watching their favorite sports team win a championship.

Emotion(s): _____

Scenario 8: A person just got into an argument with their best friend.

Emotion(s): _____

Scenario 9: A person is about to go on a rollercoaster for the first time.

Emotion(s): _____

Scenario 10: A person just received a compliment from someone they admire.

Emotion(s): _____

Scenario 11: A person is feeling overwhelmed with their workload.

Emotion(s): _____

Scenario 12: A person just got a promotion at work.

Emotion(s): _____

Scenario 13: A person just broke up with their significant other.

Emotion(s): _____

Scenario 14: A person is lost in an unfamiliar city.

Emotion(s): _____

Scenario 15: A person just won a game of chess against a very skilled opponent.

Emotion(s): _____

Scenario 16: A person is feeling nervous before a big job interview.

Emotion(s): _____

Scenario 17: A person just finished running a marathon.

Emotion(s): _____

Scenario 18: A person is feeling jealous of their friend's success.

Emotion(s): _____

Scenario 19: A person is feeling excited about a upcoming vacation.

Emotion(s): _____

Scenario 20: A person just received a negative review of their work.

Emotion(s): _____

Scenario 21: A person is feeling guilty about something they did.

Emotion(s): _____

Scenario 22: A person just received a surprise gift from someone they love.

Emotion(s): _____

Scenario 23: A person is feeling proud of their accomplishments.

Emotion(s): _____

Scenario 24: A person is feeling anxious about an upcoming presentation.

Emotion(s): _____

Scenario 25: A person is feeling lonely and isolated.

Emotion(s): _____

Scenario 26: A person is feeling happy and content with their life.

Emotion(s): _____

Scenario 27: A person is feeling frustrated with their current situation.

Emotion(s): _____

Scenario 28: A person is feeling nostalgic while looking through old photo albums.

Emotion(s): _____

Scenario 29: A person is feeling embarrassed after making a mistake in public.

Emotion(s): _____

Scenario 30: A person just found out they won the lottery.

Emotion(s): _____

Additional Notes