

Course: Emotional Intelligence & Self-Awareness

Welcome!

This worksheet is designed to help you reflect on your current wellbeing, clarify what matters most to you, and start building habits that support a balanced and fulfilling life. Take your time with each section. There are no right or wrong answers—just insights to help you understand yourself better.

NOTE: This course is not a suitable replacement for counselling, therapy, coaching or any other medical or mental health professional care.

Worksheet 2: Identifying & Naming Emotions (Video 2)

Emotions Chart

Expand your emotional vocabulary and identify your feelings.

Joy, Happiness & Pleasure	Calm, Peace & Contentment	Love, Connection & Care	Confidence, Pride & Empowerment	Interest, Curiosity & Engagement	Fear, Anxiety & Insecurity	Anger Irritation & Frustration	Anger, Irritation & Frustration	Disgust & Aversion
• Joyful	• Calm	• Loving	• Confident	• Anxious	• Anxious	• Angry	• Sad	• Disgusted
• Happy	• Peaceful	• Affectionate	• Proud	• Nervous	• Nervous	• Down	• Down	• Reputsed
• Delighted	• Relaxed	• Warm	• Capable	• Worried	• Uneasy	• Blue	• Blue	• Appailed
• Elated	• Centered	• Caring	• Competent	• Reassured	• Apprehensive	• Tearful	• Tearful	• Disturbed
• Cheerful	• Grounded	• Compassionate	• Strong	• Trusting	• Fearful	• Lonely	• Isolated	• Uncomforta-
• Playful	• At ease	• Tender	• Empowered	• Open	• Panicked	• Isolated	• Grieving	• Exposed
• Lighthearted	• Comfortable	• Intimate	• Self-assured	• Expectant	• Alarmed	• Devastated	• Heartbroken	• Unworthy
• Amused	• Content	• Appreciated	• Assertive	• Positive	• Scared	• Hopeless	• Devastated	• Inadequate
• Blissful	• Radiant	• Valued	• Accomplished		• Insecure	• Overwhelmed	• Hopeless	
• Radiant	• Thrilled	• Accepted	• Courageous		• Vulnerable	• Helpless	• Despairing	
• Euphoric	• Overjoyed	• Secure	• Motivated		• Overwhelmed	• Frazzled	• Heavy	
• Gleeful	• Gleeful	• Supported			• Helpless		• Empty	

Purpose: Expand emotional vocabulary and develop body-based awareness.

How to Access Further Support in New Zealand:

- Free call or text 1737 any time for support from a trained counsellor
- Lifeline – 0800 543 354 (0800 LIFELINE) or free text 4357 (HELP)
- Youth line – free text 234, call 0800 376 633, webchat at youthline.co.nz, DM on Instagram @youthlinenz, message on Whats App 09 886 56 96.
- Samaritans – 0800 726 666
- Suicide Crisis Helpline – 0508 828 865 (0508 TAUTOKO)
- Depression Helpline – 0800 111 757 or free text 4202 To talk to a trained counsellor about how you are feeling or to ask any questions
- Anxiety NZ – 0800 269 4389 (0800 ANXIETY)
- Contact your local GP
- Dial 111 for immediate support