

Emotional Vocabulary Quiz

This quiz will give you practice thinking about words for very specific feelings and about times when someone might experience those feelings. The quiz is in two parts. In Part 1, write a definition of each feeling. What does the feeling mean to you? How is it different from other feelings that might be related or similar? Try not to get stuck on how the dictionary might define these emotions. Just use your own words.

Part 2 is a matching test. You'll be matching up the same list of feelings with scenarios where those feelings might arise. It may seem like there's more than one correct answer in some cases. Choose the reason that *you* think is the closest match.

At the end of this form, you'll see possible answers to Part 2 of the quiz. Keep in mind that these are not absolutes. Feelings are very personal, and people define them in different ways. In addition, different situations spark different emotional responses in each of us. And some situations can spark multiple feelings. So don't worry too much if your responses don't all match the answer key. The purpose of this quiz is to help you become more aware of feelings and of the wide variety of emotions we can experience.

Part 1

Define each of these feelings in your own words, being as specific as you can.

1. Anger:

2. Rage:

3. Anxiety:

4. Fright:

5. Guilt:

6. Satisfaction:

7. Betrayal:



8. Sadness:

9. Depression:

10. Envy:

11. Jealousy:

12. Disgust:

13. Happiness:

14. Pride:

15. Relief:

16. Boredom:

17. Hope:

18. Love:

19. Compassion:



20. Empathy:

21. Gratitude:

Part 2

Try to match each feeling in the following list with a situation where you might feel that emotion. Some of the situations might lead to more than one emotion. That's okay. Just pick what you think *you* would most likely feel in that situation or in a similar situation.

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|-----------------------|---------------------|----------------------|
| 1. Anger _____ | 8. Sadness _____ | 15. Relief _____ |
| 2. Rage _____ | 9. Depression _____ | 16. Boredom _____ |
| 3. Anxiety _____ | 10. Envy _____ | 17. Hope _____ |
| 4. Fright _____ | 11. Jealousy _____ | 18. Love _____ |
| 5. Guilt _____ | 12. Disgust _____ | 19. Compassion _____ |
| 6. Satisfaction _____ | 13. Happiness _____ | 20. Empathy _____ |
| 7. Betrayal _____ | 14. Pride _____ | 21. Gratitude _____ |

- A. I know that I was prepared for a task or challenge, and that I put forth my best effort to accomplish that task or meet the challenge.
- B. I can feel the way another person feels. I feel as though I can vividly imagine experiencing a situation as that person would.
- C. I feel deep affection and caring for another person, and I also want to be the focus of that person's affections.
- D. I am facing uncertainty or the unknown, or I am being confronted with something that I see as a threat to my happiness, comfort, social status, or physical well-being.
- E. I did something about which I feel deep disapproval or revulsion and which does not match up with my idea of what is acceptable.
- F. I want very badly what someone else has.
- G. I have been put down, demeaned, attacked, or insulted—or this has happened to something or someone I care deeply about.
- H. I feel that a difficult or upsetting situation or condition has changed for the better or gone away.
- I. I have a persistent and deep sense of heaviness, joylessness, and hopelessness about the present and the future.



- J.** I am deeply influenced and moved by the distress or suffering of others, and I want to help.
- K.** I believe I am facing immediate and overwhelming physical danger.
- L.** When I think about the future, I believe that good things will happen, even if I might be facing challenges right now.
- M.** I have lost the affection of someone I care about to another person, or I am afraid that this may happen.
- N.** I am deeply appreciative of what I have, such as my health, personal abilities, family, and friends.
- O.** I feel so threatened, offended, and mad that I almost feel like I want to inflict harm on someone or something.
- P.** I broke an important rule or did not live up to an important value, especially a value held not just by me, but also by people I deeply care about or respect.
- Q.** I feel good about myself, those around me, or what it is I am working toward accomplishing. I have a sense of pleasure and contentment.
- R.** I have little or no interest in the task or situation I'm involved in, and I'm looking for some kind of distraction or escape.
- S.** I feel foolish and hurt because someone I trusted told me a lie that I believed, or deceived me in some other way. I doubt myself now, and I also doubt whether that person really cares for me or is trustworthy.
- T.** I feel happy, satisfied, and valued because of an achievement, quality, or skill—either mine or that of a person or group I care about.
- U.** I am experiencing a deep loss.

Take a look at the answer key below. Again, you might disagree with some of these matches. If so, think about why that might be. For example, maybe you have been in similar situations but had a different emotional reaction. The important thing is to think about *why* you feel as strongly as you do about certain things and to recognize that feelings which seem similar at first may actually have different sources or different expressions. The better you can understand and express your feelings and how they are related to specific situations, the better you will be able to handle these feelings and situations and the stronger your relationships with others will be.

Answer Key		
1. Anger: G	7. Betrayal: S	13. Happiness: Q
2. Rage: O	8. Sadness: U	14. Pride: T
3. Anxiety: D	9. Depression: I	15. Relief: H
4. Fright: K	10. Envy: F	16. Boredom: R
5. Guilt: P	11. Jealousy: M	17. Hope: L
6. Satisfaction: A	12. Disgust: E	18. Love: C
		19. Compassion: J
		20. Empathy: B
		21. Gratitude: N