

Rating Emotion Intensity

Evaluate the **categories** of feelings. Then evaluate the **intensity** of the feeling.

Emotional Intelligence involves to the ability to recognize, control and evaluate **emotions**.

Happy

Sad

Angry

Scared

Confused

Strong

Weak

High

Satisfied

Hurt

Superior

Fearful

Bewildered

Potent

Over-
whelmed

Elated

Hopeless

Furious

Panicky

Trapped

Super

Impotent

Overjoyed

Sorrowful

Seething

Afraid

Troubled

Powerful

Small

Proud

Depressed

Enraged

Distraught

Torn/Split

Trusting

Useless

Together

Rejected

Victimized

Miserable

Disorganized

Competent

Incapable

Complete

Unwanted

Drained

Frightened

Mixed-up

Energetic

Insecure

Free

Grief

Jealous

Threatened

Foggy

Confident

Inferior

Joyful

Medium

Cheerful

Ashamed

Remorseful

Insecure

Disoriented

Capable

Defensive

Up

Upset

Annoyed

Uneasy

Uncertain

Attracted

Shaky

Good

Distressed

Frustrated

Very strained

Divided

Sure

Unsure

Hopeful

Down

Agitated

Shy

Don't know

Secure

Soft

Peaceful

Defeated

Tense

Timid

Bothered

Durable

Shy

Loving

Beaten

Strained

Unsure

Safe

Low

Glad

Lonely

"Fed Up"

Nervous

Uncomfortable

Content

Sorry

Uptight

Strained

Undecided

Satisfied

Lost

Dismayed

Reluctant

Tired

Positive

Bad

Put Out

Relief

Guilty

Nervous

(relieved)

Irritated

Warm inside

Embarrassed-

Inconvenienced

Feel safe

Disappointed

Tired of

Feel secure

Inferior

Put upon

Accepted

Repulsed

Repulsed

Affectionate

Remorse

Competitive

A sense of
belonging

Frightened

Respected

Defensive

Peace

Aggressive

Suspicious

