

Emotions Exercise Directions

Purpose: To help those with low emotional intelligence gain understanding into recognizing the emotions in others. This is great for groups and for individuals that have difficulty identifying and understanding emotions.

1. Give your client or group the Emotions page with the blanks and ask him/her or them to identify the emotions that each face is displaying.
2. Once completed, ask your client how they felt about the exercise? Was it frustrating, fun, interesting, etc.?
3. Then pull out the Emotions answer sheet and compare your group or client's answers with those on the sheet.
4. It is important to explain that there are no right or wrong answers as emotions are largely dictated by cultural influences and individual differences.

I have found this to be a fun and interesting exercise for clients and groups that have difficulty mastering basic emotional intelligence skills. When done in groups, I typically have one or two individuals who say "there can be a lot of answers for various faces." This is usually from the individual(s) with higher emotional intelligence, but they can benefit as well from the exploration of individual and cultural variants.

Hope you enjoy this exercise.

Sincerely,

A handwritten signature in black ink, appearing to read 'D. J. Fox', written in a cursive style.

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EMOTIONS



Afraid



Confused



Surprised



Sad



Excited



Disgusted



Proud



Angry



Sick



Happy



Very Happy



Hungry



Lost



Shy



Sleepy



Embarrassed



Unhappy



Very Sad



Tired



Worried

EMOTIONS








































