

Name _____



Emotional Insight Quiz

Directions: First, complete the quiz by matching each advanced emotion word to its correct meaning. Then, answer the reflection questions to think about which emotions you understand well and which ones are harder to describe.

- ____ 1. Empathetic
- ____ 2. Resentful
- ____ 3. Vulnerable
- ____ 4. Elated
- ____ 5. Apprehensive
- ____ 6. Indifferent
- ____ 7. Humiliated
- ____ 8. Nostalgic
- ____ 9. Overwhelmed
- ____ 10. Compassionate

- A. Feeling no strong emotions or concern about something.
- B. Feeling deep understanding and sharing of another person's feelings.
- C. Feeling extremely happy or joyful.
- D. Feeling angry or bitter about something unfair.
- E. Feeling exposed, open, or emotionally unprotected.
- F. Feeling sad or sentimental when remembering the past.
- G. Feeling great embarrassment or shame.
- H. Feeling caring and wanting to help someone who is suffering.
- I. Feeling nervous or uneasy about something that might happen.
- J. Feeling like there is too much to handle emotionally or mentally.

Reflection Questions

1. Which three emotion words were new or hardest for you to understand?
2. Choose one of those emotions. Describe a time when you felt that way.
3. Why do you think some emotions are harder to describe than others?
4. How can learning precise emotion words help you communicate better with others?