

Name : _____ Date : _____

Family Therapy Emotion Matching

Instructions: Match the emotion to the correct description.

Emotions:

Happy	Angry	Sad	Scared	Proud
Frustrated	Loved	Nervous	Excited	Lonely

- 1.) Feeling like no one understands you _____
- 2.) Feeling worried about what will happen _____
- 3.) Feeling very pleased with yourself _____
- 4.) Feeling upset because something is unfair _____
- 5.) Feeling joyful and cheerful _____
- 6.) Feeling full of energy and anticipation _____
- 7.) Feeling upset and wanting to cry _____
- 8.) Feeling tense or uneasy _____
- 9.) Feeling cared for and valued _____
- 10.) Feeling annoyed when things don't go your way _____