

Identifying Emotions

PURPOSE

This worksheet can be used to help the client understand that emotions are part of the human experience. The client can use it to identify what their emotions are and to generate ideas about what they could do to cope with their emotions without engaging in problematic substance use.

INSTRUCTIONS

Look at the word list and select the emotions that are triggering and lead to problematic use.

Happy

Shame

Humiliated

Sad

Remorse

Disgust

Joy

Love

Enraged

Fear

Lonely

Other: _____

Anxious

Embarrassed

Other: _____

Scared

Grateful

Other: _____

Guilt

Hurt

Other: _____

Problem Solving

Emotion

Coping Strategy