

EMOTIONAL MATRIX



CONFIDENCE
UNCHAINED

EMOTIONAL MATRIX

	HIGH	MEDIUM	LOW
HAPPY	EXCITED, OVERJOYED, THRILLED, JUBILANT, ECSTATIC, JOYOUS, INTOXICATED, CAPTIVATED, EUPHORIC	CHEERFUL, JOYFUL, OPTIMISTIC, UPBEAT, TICKLED, ENTHUSIASTIC, LIVELY, DELIGHTED, HOPEFUL, PEPPY	RELIEVED, JOLLY, AMUSED, CONTENT, GLAD, CHIPPER, BLISSFUL, PLEASED, PLAYFUL
SAD	GRIEVED, CRUSHED, GLOOMY, HOPELESS, HEARTBROKEN, DEVASTATED, DISTRAUGHT, AGONY, HEAVYHEARTED, MISERABLE, ANGUISH, DISTRESSED	DEJECTED, GRIEF, DISMAYED, HURT, HURTING, DISILLUSIONED, DOWNCAST, FORLORN, GLUM, CHEERLESS, MELANCHOLY	DOWN, DISAPPOINTED, BLUE, DISCOURAGED, DISCOMFORT, SOMBER, SORRY, UNHAPPY
FEAR	TERRIFIED, FRIGHT, PANICKED, PETRIFIED, TERROR, ALARMED, FEARFUL	WORRIED, DREAD, TENSE, ANXIOUS, SHAKEN, ANXIETY, AFRAID, SCARED	STARTLED, UNEASY, EDGY, HESITANT, APPREHENSIVE, UNCOMFORTABLE
ANGRY	FURIOUS, RAGING, IRATE, OUTRAGED, INCENSED, HOSTILE, INDIGNANT, EXASPERATED	AGGRAVATED, IRRITATED, IRKED, MAD, ANNOYED, OFFENDED, FUMING, SULLEN, PROVOKED	PERTURBED, HASSELED, FRET, BOTHERED, FUSS, DISPLEASED, PEEVED
DISGUST	REVULSION, ABHORRENCE, SHAMEFUL, DETEST, REPULSED, REPUGNANT	OFFENSIVE, AVERSION, APALLED, GROSSED OUT	DISTASTEFUL, OBJECTIONABLE, TURN OFF
CONTEMPT	HATRED, DISDAIN, SCORNE, LOATHING, RIDICULED	DISAPPROVED, ABHOR, REJECTED, DISRESPECTED, DESPISED	SNUBBED, SHUN, BELITTLED, DISLIKE, NEGLECTED, SLIGHTED
SURPRISE	DISBELIEF, AMAZED, STARTLED, STUNNED, AWE, FLABBERGASTED	SHOCK, BLOW, ASTONISHED, OVERWHELMED, STUPIFIED, AGAPE, FLOORED	DAZED, UNPREDICTED, UNEXPECTED, UNFORSEEN, UNANTICIPATED

EMOTIONAL MATRIX

The card I sent is called the Emotional Matrix. It is a guide to expanding your emotional vocabulary. This is the foundation of your emotional intelligence. When all else fails this is what we come back to, to help ourselves process our emotions and get unstuck. I keep this card on me at all times so I can always refer to it. I have gotten to the point where the majority of the time I don't need the card. I am now aware of my specific emotions. There are times that I am unable to identify the emotion and I come back to the Emotional Matrix to help.

It's not an all-inclusive list of emotional words. It does give us a great place to start. The seven words on the left side of the page in blue are the seven universal emotions. These seven emotions are universally expressed in the face of all human beings. The words in the three boxes to the right of each universal emotion fall under each "umbrella emotion." We rate our emotions with intensity levels; high, medium, and low.



If we look at HAPPY we can see: High intensity happiness could be THRILLED. Medium intensity could be HOPEFUL. Low Intensity could be PLEASED. All three fall under Happiness. We all have a tendency to explain our emotional states with only a handful of words. It is extremely important to be as specific as possible when identifying our own emotions.

One word to stay away from and you may notice is not on the card is FRUSTRATED. Frustrated is an ever-changing combination of emotions, depending on the situation. We could be angry and bothered or sad and disapproving. Avoid using frustration to describe your emotions.



HOW TO USE THIS CARD:

This exercise will give you an example of how to use this card on a daily basis. Remember a time that you were driving on the freeway and almost had an accident. It could have been yesterday or last year. Put yourself in the mindset of those few moments. Imagine the car coming at you and the evasive actions you may have taken. Think about what was happening just before the incident, during and immediately afterward. Now look at the card and scan through each box. Certain words will pop out at you or give you pause. **WRITE THEM DOWN!!** All of them. You will be amazed at the amount of emotions we can experience in such a short amount of time. Do this now.

Once you've made your list go back over it one word at a time. Write a few sentences about **WHY** you felt each of those emotions. Do this for each word on your list. Pay close attention to the words that came from the high intensity boxes. How does it feel to pinpoint each of those emotions and the reason behind them? It can be like a release valve that's been stuck closed. You may even have a physiological response of relief in your body.

Now here's the real fun part. Go back through this exercise with a traumatic or highly emotional event for you. It's helpful to put yourself in the mind space of what was actually going on at that moment. See what comes up. You may be surprised with the emotions you list. It can also give you insight when you discover the reasons for each emotion.

This card is useful for a present situation to quickly get you out of that emotional part of your brain and it is also useful for going back over events we haven't fully processed yet. Even the ones that we thought we have completely gotten over may have some hidden emotions we didn't realize were there.

