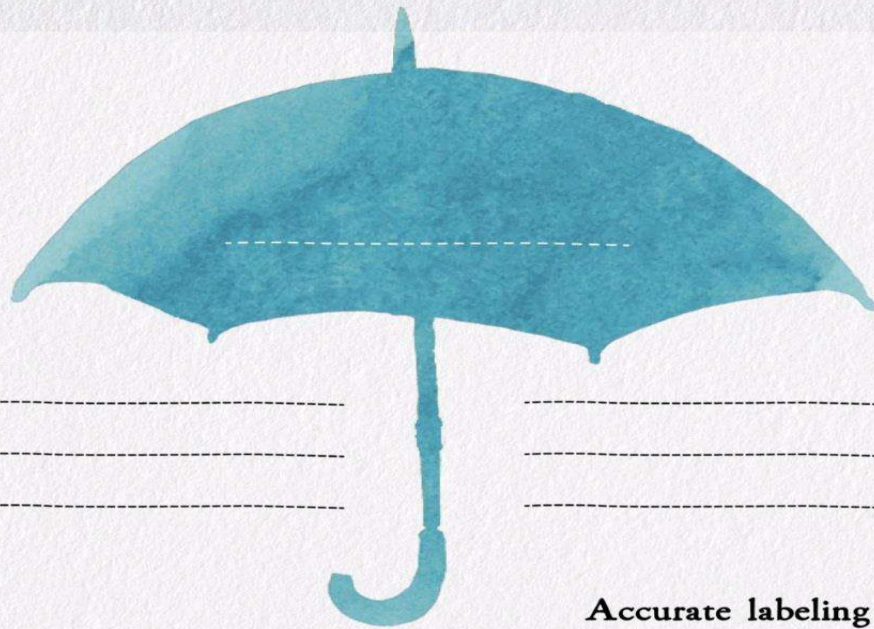


ENGAGEMENT TOOLKIT: ACTIVITIES

EMOTIONAL UMBRELLA DIAGRAMS

Part of “Emotional Agility” by Susan Davis

Next, pause to carefully consider your emotion. Write the specific terms that describe what you're feeling under the umbrella emotion.



SUSAN DAVID

Accurate labeling
is the first step of
EMOTIONAL AGILITY

Your turn! Fill in the blank with your “go to” quick and easy label for your feeling.



SUSAN DAVID

EMOTIONAL AGILITY



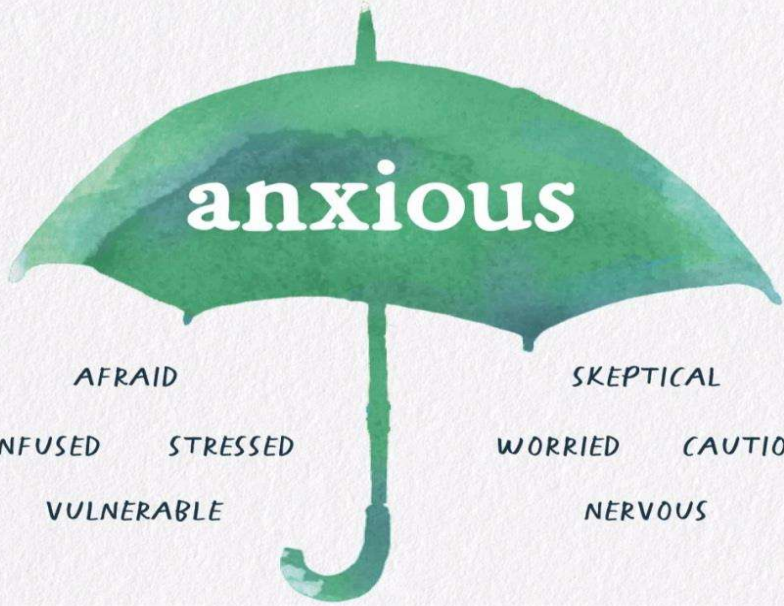
THANKFUL
TRUSTING CONTENT
COMFORTABLE

EXCITED
RELIEVED ELATED
CONFIDENT

Go beyond the obvious umbrella term to identify
exactly what you're feeling.

SUSAN DAVID

EMOTIONAL AGILITY



anxious

- AFRAID
- SKEPTICAL
- WORRIED
- CAUTIOUS
- NERVOUS
- VULNERABLE
- STRESSED
- CONFUSED

Go beyond the obvious umbrella term to identify **exactly what you're feeling.**

SUSAN DAVID

EMOTIONAL AGILITY



embarrassed

SELF-CONSCIOUS

GUILTY

ISOLATED LONELY

ASHAMED PATHETIC

INFERIOR

CONFUSED

Go beyond the obvious umbrella term to identify
exactly what you're feeling.

SUSAN DAVID

EMOTIONAL AGILITY



Go beyond the obvious umbrella term to identify
exactly what you're feeling.

SUSAN DAVID

EMOTIONAL AGILITY



DISAPPOINTED DISILLUSIONED
REGRETFUL MOURNFUL PESSIMISTIC TEARFUL
DEPRESSED DISMAYED

Go beyond the obvious umbrella term to identify
exactly what you're feeling.

SUSAN DAVID

EMOTIONAL AGILITY



angry

FRUSTRATED

IRRITATED

GRUMPY ANNOYED

DISGUSTED OFFENDED

DEFENSIVE

SPITEFUL

Go beyond the obvious umbrella term to identify
exactly what you're feeling.

SUSAN DAVID

EMOTIONAL AGILITY