

EMOTION WORDS – the words we use to describe an emotional state. ‘Words’ may be spoken, signed or represented with a symbol. Thirteen broad categories of emotional experience are presented here, with the most common first words for each category listed initially, followed by a number of related words and terms for related and more sophisticated concepts. Extending emotion vocabulary leads to more opportunities for conversation and learning around emotional topics, which in turn helps to develop and deepen emotional understanding.

<p>HAPPINESS</p> <p>Happy Good Glad Pleased Satisfied Appreciated Content Relieved Cheerful Joyful Amused Tickled Delighted Elated Thrilled Ecstatic</p>	<p>AT PEACE COMFORTABLE</p> <p>OK Fine Calm Peaceful Safe Secure Relaxed Chilled Settled Comfortable Rested Mellow Tranquil Content Serene Contained</p>	<p>POSITIVE ANTICIPATION</p> <p>Excited Enthusiastic Eager Hopeful Optimistic Longing</p> <hr/> <p>EMPATHY</p> <p>Empathic Sympathetic Concerned Supportive Compassionate</p>	<p>CONFIDENCE</p> <p>Loved Cared-for Brave Proud Sure Safe Confident Strong Robust Resilient Secure Optimistic Trusting Empowered</p>	<p>POSITIVE SOCIAL</p> <p>Like (someone) Love (someone) Friendly Loving Proud Grateful Thankful Affectionate Warm Appreciative Boosted Soothed Moved Touched Impressed Inspired In awe</p>	<p>POSITIVE ENGAGEMENT</p> <p>Like (something) Love (something) Yum Interested Wondering Curious Intrigued Stimulated Motivated Fascinated Captivated Enthralled Engrossed Passionate Awed</p>
<p>SADNESS</p> <p>Sad Upset Unhappy Disappointed Lonely Left-out Hurt Miserable Down Low Depressed Devastated Distraught Grief-stricken Sorry Regret Let-down Rejected Dumped Abandoned</p>	<p>ANGER</p> <p>Angry Mad Cross Grumpy Upset Annoyed Fed-up Miffed Irritated Frustrated Disgruntled Misunderstood Raging Furious</p>	<p>FEAR</p> <p>Scared Frightened Afraid Worried Nervous Anxious Unsure Apprehensive Trepidation Wary Concerned Unsafe Insecure Terrified Petrified Phobic Doubtful Pessimistic Dreading</p>	<p>UNEXPECTED EVENTS UNREST / DISQUIET</p> <p>Surprised Shocked Amazed Alarmed Astonished Horrorified Uneasy Wary Alert Unsettled Suspicious Awkward Concerned Bothered Stressed Agitated Overwhelmed</p>	<p>NEGATIVE SOCIAL</p> <p>Don't Like (someone) Hate (someone) Lonely Shy Embarrassed Jealous Envious Bashful Awkward Humiliated Mortified Sorry Regretful Guilty Ashamed Longing Lost Hurt</p>	<p>NEGATIVE ENGAGEMENT</p> <p>Don't like (something) Hate (something) Yuk Bored Fed-up Confused Muddled Puzzled Baffled Lost Frustrated Disgusted Longing Over-excited Over-stimulated Obsessed</p>

BODY SENSATIONS – this cog concept is captured by the words and phrases that identify and describe the sensations we might feel in different areas of our body when we experience an emotion. Most sensations can't be observed by others but the ability to notice, think and talk about them requires good self awareness. Locating a sensation is often easier to do than describing it.

WHERE?	HOW IT FEELS																																																																													
Skin	hot cold chill shivery crawly tingly goosebumps hairs stand up itchy prickly perspiration sweating clammy																																																																													
Muscles	shaky tense tight achy tired heavy relaxed floppy melty buzzy restless twitchy can't stay still jumpy																																																																													
Head	dizzy giddy light-headed faint head ache sharp pounding thumping can't think straight blank confused queasy nauseous																																																																													
Forehead	perspiration sweating hot cold clammy tight																																																																													
Face: eyes	stingy watery want to cry blinking blurry blurred vision sore itchy wide sleepy droopy																																																																													
Face: cheeks	hot flushed blushing burning red white pale cold clammy																																																																													
Face: mouth	dry thirsty watery tingly tongue speechless tongue-tied dumb-struck Teeth clenched grinding chattering shivering																																																																													
Throat	tight dry lump want to cry swallow gulp choking sick sore																																																																													
Neck	tense hairs stand up hot flushed rash red																																																																													
Voice	need to / want to shout, scream, laugh, swear, make a noise speechless dumb-struck sore																																																																													
Shoulders	tense tight achy spasms heavy pressure relaxed																																																																													
Arms	heavy shaky tingly tense muscles restless want to move relaxed floppy Arm-pits perspiration sweating																																																																													
Hands	shaky sweaty cold itchy fidgety want to move relaxed floppy																																																																													
Chest	tight heavy winded deflated tight pain light sinking feeling																																																																													
Lungs / Breathing	gasping breathless shortness of breath need fresh air choking can't breathe shallow deep																																																																													
Heart	racing fast slow steady thumping pounding in my mouth fluttering heavy heart sinking skipping missed a beat burst																																																																													
Wrist / Neck / Heart	pulse: racing fast slow steady resting																																																																													
Tummy / Stomach	sick churning sinking knot butterflies fluttery sinking feeling pain tension hungry full no appetite queasy nauseous																																																																													
Back	tense achy pressure pushing tickly itchy relaxed																																																																													
Bottom	tingly tense hot cold																																																																													
Bowels & Bladder	need the toilet crampy loose constipated pressure need to poo need to pee bursting wet accident Genitals sexual sensations																																																																													
Legs	weak at the knees jelly tingly restless relaxed floppy tense																																																																													
Feet	sweaty itchy restless relaxed floppy frozen to the spot can't move buzz																																																																													
All over / general:	<table border="0"> <tr> <td>notice</td> <td>suddenly</td> <td>nice</td> <td>not nice</td> <td>sore</td> <td>restless</td> <td>floaty</td> <td>frozen</td> <td>shaky</td> <td>weak</td> <td>detached</td> </tr> <tr> <td>body scan</td> <td>slowly</td> <td>comfortable</td> <td>uncomfortable</td> <td>painful</td> <td>buzzing</td> <td>light</td> <td>stunned</td> <td>trembly</td> <td>numb</td> <td>'out of body'</td> </tr> <tr> <td>locate</td> <td>different</td> <td>pleasant</td> <td>unpleasant</td> <td></td> <td>wired</td> <td></td> <td></td> <td>shivery</td> <td>dull</td> <td>unreal</td> </tr> <tr> <td>think</td> <td>weird</td> <td>lovely</td> <td>horrible</td> <td>stingy</td> <td>rush</td> <td>tingly</td> <td>falling</td> <td>twitchy</td> <td>empty</td> <td>déjà vu</td> </tr> <tr> <td>nothing</td> <td>strange</td> <td>strong</td> <td>unbearable</td> <td>sharp</td> <td>pressure</td> <td>tickly</td> <td>moving</td> <td>jittery</td> <td>floppy</td> <td>surreal</td> </tr> <tr> <td>no sensations</td> <td>funny</td> <td>firm</td> <td>overwhelming</td> <td></td> <td>tension</td> <td>crawly</td> <td></td> <td>itchy</td> <td>still</td> <td>creeped</td> </tr> <tr> <td></td> <td>odd</td> <td></td> <td></td> <td></td> <td>explode</td> <td></td> <td></td> <td></td> <td></td> <td>heebie-jeebies</td> </tr> </table>	notice	suddenly	nice	not nice	sore	restless	floaty	frozen	shaky	weak	detached	body scan	slowly	comfortable	uncomfortable	painful	buzzing	light	stunned	trembly	numb	'out of body'	locate	different	pleasant	unpleasant		wired			shivery	dull	unreal	think	weird	lovely	horrible	stingy	rush	tingly	falling	twitchy	empty	déjà vu	nothing	strange	strong	unbearable	sharp	pressure	tickly	moving	jittery	floppy	surreal	no sensations	funny	firm	overwhelming		tension	crawly		itchy	still	creeped		odd				explode					heebie-jeebies
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EMOTION TRIGGERS – the things that happen to cause or trigger an emotional experience, reaction or response. General themes are provided here, as specific triggers are many and varied, and can also be very person- and context-specific. Common phobias (eg. fear of spiders, heights, flying) are examples of some specific triggers for fear. Triggers explain *why* we feel a certain way.

HAPPENINGS		JUDGEMENTS APPRAISALS	ACTIONS WORDS	GOALS AND PLANS	POSESSIONS	SOME TOPICS TO EXPLORE
<p>SOMETHING HAPPENS</p> <p>What happened?</p> <p>Cause Trigger Event Activity Situation Circumstance Antecedent</p> <p>Personal</p> <p>I do something I say something I think something</p> <p>Social</p> <p>Someone else does something Someone else says something</p> <p>Events</p> <p>Everyday Routine Random Unexpected Surprise Anticipated Awaited Significant Traumatic</p>	<p>SOMETHING STOPS HAPPENING</p> <p>By chance I stop doing something Someone stops doing something Someone stops me from doing something</p> <p>SOMETHING CHANGES</p> <p>Sudden Unexpected Expected Planned</p> <p>WHAT? WHO? WHERE? WHEN?</p>	<p>Good thing Bad thing I like it I don't like it Nice Not nice Positive Negative</p> <p>Enjoyable Pleasant Preferred Favourite Special</p> <p>Attached Not attached</p> <p>Wanted Not wanted</p> <p>Planned Not planned</p> <p>Expected Unexpected</p> <p>Familiar Unfamiliar</p> <p>Blame Right Wrong Allowed Not allowed Fair Unfair Unjust</p> <p>THREAT</p> <p>Safe Threatening Dangerous Stress Response</p>	<p>My own Someone else's</p> <p>Nice / Kind Generous Helpful Affectionate Funny Good manners Polite Rude Giving Taking Not nice Mean / Hurtful Offensive Threatening Abusive</p> <p>Confusing Predictable Unpredictable</p> <p>On purpose Deliberately Accidental By mistake</p> <p>THOUGHTS</p> <p>Think about something Remember Dream Imagine Fantasise Wonder Bring to mind Realise Interpret Appraise</p> <p>Troublesome thoughts Upsetting Can't stop Intrusive</p>	<p>Try to do something Want to do something Can't do it Too hard Too difficult Easy Challenging</p> <p>Have to wait Being stopped Blocked Thwarted Obstructed</p> <p>Allowed Given permission Encouraged Supported Helped</p> <p>Interruptions Intrusions</p> <p>Make a mistake Oops</p> <p>Unobtainable Unattainable I did it Success Achievement Overcome challenge or difficulty Realised goal Executed plan</p> <p>DON'T WANT TO</p> <p>Have to do it Made to do it</p> <p>Avoid Delay Relieve Let off</p>	<p>Have something Own something Lose something Buy something Get given something Win something Gift</p> <p>Wanted / Not wanted Liked / Not liked Longed for</p> <p>People</p> <p>Connection Belonging Approval</p> <p>LOSS</p> <p>Object, thing</p> <p>Lose something Break something Taken Stolen Damaged Destroyed</p> <p>People</p> <p>Lose someone's... affection approval connection Damaged relationship Death Loss Bereavement</p> <p>Personal loss</p> <p>Health Hopes Dreams Expectations Faith</p>	<p>Sights Sounds Tastes Smells Touch People Friends, family New people, strangers Animals, Pets Places Nature Weather Holidays and journeys Movement and motion Social Media News Films Stories TV Computers and gadgets Toys and Games Tasks Chores School activities Work activities Clothes Food and drink Health Special days Significant dates</p> <div style="border: 1px solid black; padding: 5px; margin-top: 20px;"> <p>NB Identifying triggers for positive emotions provides ideas for regulation strategies</p> </div>
<p>TIMESCALE</p> <p>Quick Short term Long term Acute Chronic One-off On-going A long time ago Recently</p>	<p>AWARENESS</p> <p>I know what happened I don't know I can't explain it I've forgotten Aware Not aware</p>					

EMOTION BEHAVIOURS (EXPRESSION) – the things we do to show, communicate, display or express the emotions we feel. Many behaviours can be involved in showing or expressing our emotions...verbal and non-verbal, automatic and learned.

SUMMARY	HEAD	FACE			VOICE / VOCALISE MAKE A NOISE	WORDS / TALK SAY SOMETHING
		EXPRESSION	EYES	MOUTH		
face facial expression actions movements signs gestures noises vocalisations words proximity Externalising... express show display act out act up kick off Internalising... hide cover up withdraw zone out detach isolate dissociate	turn nod shake bang FOREHEAD/BROW furrow head butt	blank make a face pull a face screw-up frown smile grin scowl wince grimace NOSE wrinkle snarl CHIN jut out butt CHEEKS suck in	EYES cry close narrow scrunch open widen blink wink roll stare glare gaze eye contact look away avert glaze over EYEBROWS raise lower frown knit	MOUTH open smile grin pout tighten lips purse lips snarl curl lip kiss blow kiss spit TONGUE stick tongue out blow raspberry TEETH show bare grit clench grind bite	shout scream cheer yell shriek screech grunt groan babble sigh tut hum sing gasp huff and puff rude noise laugh whine whinge cheer whoop blow raspberry	comment request compliment thanks gratitude swear argue insult threaten mean words WITHHOLD WORDS ignore snub sulk huff
	HANDS touch pat flap shake fidget wring grab scratch squeeze push pull pull hair punch slap hit bang thump beat nip poke throw something break / damage / spoil something	HAND GESTURES wave clap beckon high five shake hands thumbs up ok sign flap blow a kiss punch the air make a fist hide eyes rude gesture	ARMS flap cross arms hug cuddle put arm around someone elbow nudge hit something hit someone hit self throw something	LEGS kick shake jump kneel FEET stamp kick shake tap	WHOLE BODY ACTIONS / MOVEMENTS jump run run away rock sway dance skip bend over fall over turn your back make yourself small hide avoid	HURT self hurt others verbal abuse physical abuse SELF HARM scratch pull hair hit bite kick slap nip pick poke bang head cut substance abuse

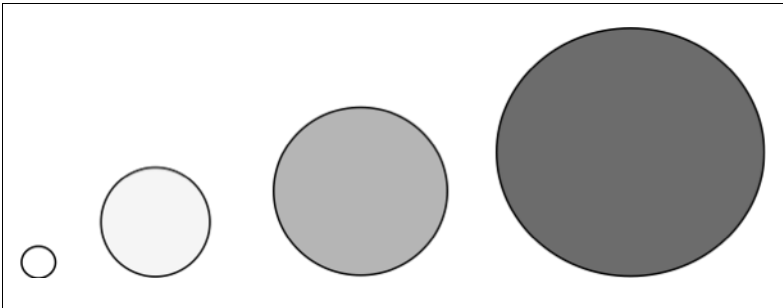
EMOTION BEHAVIOURS (GUIDANCE) – Emotionally charged behaviour can be suppressed or modulated by self-monitoring and checking according to display rules and social expectations. This grid presents a range of considerations and ideas to help explore, discuss, shape and guide emotional behaviours, and to encourage positive behaviour choices when developmentally appropriate.

MY BEHAVIOUR	OK / POSITIVE	NEGATIVE	EVALUATION	EXPECTATIONS	RESOLUTION
<p>showing emotion emotional expression displaying emotion</p> <p>PAST what I did what I chose to do what I wanted to do</p> <p>PRESENT what I'm doing</p> <p>FUTURE what I could do what I should do what I'd like to do what I plan to do what I intend to do what I choose to do</p> <p>choices decisions intentions plans</p> <p>stop and think stop myself from... make myself... think first make a plan self-control self-monitor remember / forget</p> <p>act without thinking just happens can't help it can't stop myself impulsive spontaneous</p> <p>always sometimes never</p>	<p>OK allowed good acceptable appropriate permitted approve</p> <p>ideal good well behaved good behaviour best behaviour</p> <p>WHY? respect others respect self respect property</p> <p>good feelings for others... nice friendly helpful generous kind caring good manners polite considerate co-operative sensitive sympathetic respectful giving</p> <p>fair for me fair for others</p> <p>safe for me safe for others</p> <p>takes care of property</p> <p>EFFORT try / try hard good effort</p>	<p>not OK not allowed not good unacceptable inappropriate prohibited disapprove</p> <p>naughty bad badly behaved bad behaviour difficult challenging</p> <p>WHY? bad feelings for others... mean unfriendly unkind anti-social inconsiderate unco-operative insensitive obstructive awkward weird strange bad manners offensive insulting rude cheeky taking</p> <p>not fair for me / others</p> <p>not safe for me / others dangerous hurt someone hurt self</p> <p>damage property... break / spoil destructive vandalise</p>	<p>right / wrong / ok right thing to do wrong thing to do ok thing to do</p> <p>good choice bad choice thumbs up thumbs down</p> <p>RULES follow the rules break the rules morally right morally wrong religious beliefs</p> <p>WHO FOR? for a baby? for a toddler? for a younger/older child? for a teenager? for an adult? for a girl? for a boy? for a woman? for a man?</p> <p>WHO WITH? with family? with friends? with teachers? with strangers? other people?</p> <p>in private? with others? in public?</p> <p>WHERE? at home? at school? other places?</p>	<p>realistic? boundaries guidance feedback what I expect what I don't expect manage behaviour rules for safety rules for good feelings</p> <p>comply co-operate refuse disobey</p> <p>REQUESTS stop go get ready get set I want I don't want yes no please thank you finished wait help more again</p> <p>STRATEGIES now next first then choose</p> <p>INCENTIVES something nice pleasant treat surprise reward praise incentive</p> <p>PUNISHMENTS something unpleasant adverse punishment consequence</p>	<p>fall out make up solve sort-out listen think consider point of view empathise resolve restore</p> <p>who's fault? deliberate on purpose mischief mistake woops accidental can't help it</p> <p>say sorry feel sorry apologise regret remorse</p> <p>forgive accept understand accept apology give thanks</p> <p>agree make up shake hands hug</p> <p>resent hold a grudge ruminate</p>

EMOTION REGULATION / FEEL BETTER STRATEGIES – the things we can do, or things that other people can do, to make us feel better or regulated when we are experiencing strong and uncomfortable levels of emotion. Some self-regulating strategies employed will be automatic, intuitive or habitual; others may be consciously and deliberately planned and practiced. Many strategies require co-activity with another person or group. The blue cog concept is also about the strategies that are carried out by a person/ caregiver to help regulate a child or other’s strong emotion.

WHY?	WHO WITH?	FACE	MOUTH	HANDS	MOVEMENTS	PLACES	CONVERSATIONS
<p>The feeling is... Not nice Too strong Too intense Uncomfortable Unpleasant Overwhelming</p> <p>I feel too... Sad Scared Angry Excited Shocked Upset Agitated Guilty Bored Other</p>	<p>On my own Self-regulation</p> <p>Or with... Adult Friend Group Pet / Animal</p> <p>Someone else ... Initiates Suggests Guides Supports Helps me do it</p> <p>Social activity Co-activity Done together</p> <p>On my own... Do it myself Independent Self Regulation</p> <p>Choose to withdraw Time alone Time out Have some space Distance</p>	<p>Hide face Rub Face Pat cheeks Wash Splash water Tap fingers Hot/Cold Flannel</p> <p>EYES Cover eyes Close eyes Look away Rub eyes</p> <p>Look at... Book Photos Objects Bubbles Lights Nature (sea, stars) Out of window Screen (TV, iPad) Clouds Fish tank</p> <p>EARS Cover ears Turn up volume Turn down volume</p> <p>Listen to... Talking Singing Rhythm Music Birds Water Traffic Background noise Breathing Silence</p>	<p>Smile Talk Sing Hum Whistle Chant Mantra Affirmation</p> <p>Breathe Blow</p> <p>Chew Bite Suck object Suck thumb</p> <p>Eat Drink</p> <p>Taste... Foods Drinks Flavours Warm/Cold</p> <p>NOSE Cover nose</p> <p>Smell... Favourite smells Fresh air Foods Flowers Scents</p>	<p>Shake Wash Pat Tap</p> <p>Hold... Favourite objects Books Toys Comforter Pictures Photos</p> <p>Feel and explore... Tactile materials Play dough Gloop Cold / warm water Bubble wrap Tactile objects</p> <p>Stroke Squeeze Press Massage Stretch Pull Tear</p> <p>Fold hands Sit on hands Hands at sides Hands on lap Gentle hands Fold arms</p> <p>Animal Touch Stroke/pet/groom animals</p> <p>Human Touch Touch familiar person Touch self Hold hands Hold / Hug / Cuddle Massage Stroke Kiss Intimate touch</p>	<p>Run Walk Exercise Stretch Yoga Swim Trampoline Dance Drum Swing See-saw Skip Rock Sway Bounce on yoga ball Punch ball</p> <p>Move away Turn away Run away</p> <p>BEING STILL Stand still Sit on floor Sit on chair Sit at table / desk Sit on comfy chair Sit on beanbag Lie Down</p> <p>APPLIED PRESSURE Firm hold Squeeze Massage Press down Pressure Swaddle Wrap Weighted blanket</p>	<p>Go somewhere different Change of scene</p> <p>Outside Inside</p> <p>Playground Sensory area / room Gym Library Swimming Pool Soft play Relaxation Area Calm space Active space Special place Classroom Bedroom Bathroom</p> <p>ACTIVITIES Change activity Favourite activity</p> <p>Read Write Colour in Draw Mental challenge Play a game Make something Eat or drink Listen or play music Sing Screen time Sport or exercise Relaxation Mindfulness Meditation Rest or sleep Chores Engage with animals Engage with nature Personal grooming Change clothes</p>	<p>Tell someone... What happened How I’m feeling</p> <p>Listen to... Advice Suggestions Reassurance A different perspective</p> <p>Talk about... Something different Something nice Something calming What to do</p> <p>Ask for help Say sorry Apologise Tell a joke</p> <p>Stop talking End conversation</p> <p>THINKING Think about... Something different Something nice Something calming A solution An explanation Reframe Nothing Meditate Mindfulness</p> <p>Imagine... Doing something else Being somewhere else</p> <p>Count in my head Tell myself it’s ok Pray Fantasise Make a wish</p>
<p>HOW?</p> <p>Do something to... Distract attention Avoid Decrease Limit Reduce</p> <p>Attend to Focus Concentrate Increase Stay close Engage</p> <p>Feel better Cheer up Calm down Feel Safe Interest me Sort a problem</p>	<p>PROXIMITY Turn away Move away Sit / Stand beside</p> <p>WHEN? Straight away Right now Wait a while Make a plan</p>						

INTENSITY WORDS AND CONCEPTS – the different ways we understand and represent the size, amount, degree and extent of things we experience and perceive. In relation to sensing and understanding an emotional episode, we might use intensity concepts to refer to the level of emotional sensations experienced, the impact of a causal event or emotional trigger, the display of emotional behaviours, or to help recognise the need to emotionally regulate. Emotion Word meanings also capture an element of intensity when compared with each other.

<p style="text-align: center;">GENERAL INTENSITY CONCEPTS How strong? How big? How much?</p> <table border="0" style="width: 100%;"> <tr> <td style="width: 33%; vertical-align: top;"> <p>SIZE</p> <p>Big Little Small Miniscule Tiny Huge Massive Gigantic Enormous</p> <p>VOLUME</p> <p>Quiet Loud Noisy Quiet Whisper Shout Turn up Turn down</p> <p>PITCH</p> <p>High Low</p> </td> <td style="width: 33%; vertical-align: top;"> <p>QUANTITY</p> <p>A little Lots Amount</p> <p>WEIGHT</p> <p>Heavy Light</p> <p>HEIGHT</p> <p>High Low</p> <p>STRENGTH</p> <p>Strong Weak</p> <p>DISTANCE</p> <p>Near Far</p> </td> <td style="width: 33%; vertical-align: top;"> <p>LENGTH</p> <p>Long Short</p> <p>WIDTH</p> <p>Wide Thin Thick</p> <p>SPEED</p> <p>Fast Slow</p> <p>BRIGHTNESS</p> <p>Bright Dull</p> </td> </tr> </table>	<p>SIZE</p> <p>Big Little Small Miniscule Tiny Huge Massive Gigantic Enormous</p> <p>VOLUME</p> <p>Quiet Loud Noisy Quiet Whisper Shout Turn up Turn down</p> <p>PITCH</p> <p>High Low</p>	<p>QUANTITY</p> <p>A little Lots Amount</p> <p>WEIGHT</p> <p>Heavy Light</p> <p>HEIGHT</p> <p>High Low</p> <p>STRENGTH</p> <p>Strong Weak</p> <p>DISTANCE</p> <p>Near Far</p>	<p>LENGTH</p> <p>Long Short</p> <p>WIDTH</p> <p>Wide Thin Thick</p> <p>SPEED</p> <p>Fast Slow</p> <p>BRIGHTNESS</p> <p>Bright Dull</p>	<p style="text-align: center;">STATES & SENSATIONS</p> <p>PAIN</p> <p>Sore Hurting Excruciating</p> <p>TIREDDNESS</p> <p>Sleepy Drowsy Tired Exhausted</p> <p>HUNGER</p> <p>Peckish Starving</p> <p>FUNNINESS</p> <p>Mildly amusing Funny Hilarious Side-splitting</p>	<p style="text-align: center;">QUALIFIERS & QUANTIFIERS</p> <p>A bit A little/tiny/teensy bit A lot</p> <p>A small/ amount A medium amount A large/huge amount An extreme amount</p> <p>Quite Mildly Very Fairly Pretty Really Totally Extremely Terribly</p> <p>Not at all Nothing Zero Minor Medium Maximum Very strong</p>	<p style="text-align: center;">NUMBERS AND RATING SCALES</p> <div style="display: flex; justify-content: space-around; align-items: flex-start;"> <div style="text-align: center;"> <p>10 out of 10 5 out of 10 etc.</p> <p>On a scale of 1 to 5/10/100 etc.</p> <p>100 % 30 % etc</p> <p>Million Billion Trillion Zillion</p> </div> <div style="display: flex; flex-direction: column; align-items: center;"> <table border="1" style="border-collapse: collapse; text-align: center;"> <tr><td>10</td></tr> <tr><td>9</td></tr> <tr><td>8</td></tr> <tr><td>7</td></tr> <tr><td>6</td></tr> <tr><td>5</td></tr> <tr><td>4</td></tr> <tr><td>3</td></tr> <tr><td>2</td></tr> <tr><td>1</td></tr> <tr><td>0</td></tr> </table> <table border="1" style="border-collapse: collapse; text-align: center;"> <tr><td>5</td></tr> <tr><td>4</td></tr> <tr><td>3</td></tr> <tr><td>2</td></tr> <tr><td>1</td></tr> <tr><td>0</td></tr> </table> <table border="1" style="border-collapse: collapse; text-align: center;"> <tr><td>100</td></tr> <tr><td> </td></tr> <tr><td> </td></tr> <tr><td> </td></tr> <tr><td> </td></tr> <tr><td> </td></tr> <tr><td> </td></tr> <tr><td> </td></tr> <tr><td> </td></tr> <tr><td> </td></tr> <tr><td>0</td></tr> </table> <table border="1" style="border-collapse: collapse; text-align: center;"> <tr><td>???</td></tr> <tr><td> </td></tr> <tr><td> </td></tr> <tr><td> </td></tr> <tr><td> </td></tr> <tr><td> </td></tr> <tr><td> </td></tr> <tr><td> </td></tr> <tr><td> </td></tr> <tr><td> </td></tr> <tr><td>0</td></tr> </table> </div> </div> <div style="margin-top: 10px;"> <table border="1" style="width: 100%; border-collapse: collapse; text-align: center;"> <tr> <td style="width: 10%;">0</td> <td style="width: 10%;">1</td> <td style="width: 10%;">2</td> <td style="width: 10%;">3</td> <td style="width: 10%;">4</td> <td style="width: 10%;">5</td> <td style="width: 10%;">6</td> <td style="width: 10%;">7</td> <td style="width: 10%;">8</td> <td style="width: 10%;">9</td> <td style="width: 10%;">10</td> </tr> </table> <div style="border: 1px solid black; padding: 5px; margin-top: 5px;"> <p>0 ----- ???</p> </div> </div>	10	9	8	7	6	5	4	3	2	1	0	5	4	3	2	1	0	100										0	???										0	0	1	2	3	4	5	6	7	8	9	10
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<p style="text-align: center;">USING EMOTION WORDS TO EXPRESS EMOTION INTENSITY</p> <p>pleased – happy – delighted – ecstatic</p> <p>comfortable – calm – relaxed</p> <p>sad – disappointed – devastated – distraught</p> <p>miffed – disgruntled – irritated – frustrated – angry – furious</p> <p>wary – nervous – frightened – terrified – petrified</p> <p>curious – interested – fascinated – passionate</p>	<p style="text-align: center;">SYMBOLS</p> <p>:o) :o)) :o)))</p> <p>:D : : </p> <p>:- :(:(((</p> <p>+ + + - - -</p>	<p style="text-align: center;">PICTURES</p> 																																																						

INFLUENCES – things about the personal, social or physical context that have a bearing on thresholds and tendencies for emotional reactions and responses. These may be longer-term/permanent factors relating to an individual’s make-up or life circumstances, or they may be shorter-term/temporary factors relating to the recent context. This ‘purple cog’ concept is often captured in the reasons, explanations and excuses that might be offered to account for an emotional events playing out as they do. We might call it the ‘bigger picture’. In fiction, we would call it the ‘back story’.

	PERSONAL / INDIVIDUAL FACTORS	UNDERLYING FEELINGS	PHYSICAL CONTEXT	SOCIAL CONTEXT	Adult Attributes	
	<p>Age</p> <p>Gender</p> <p>Developmental level (social, emotional, intellectual, physical, language & communication)</p> <p>Difficulties Challenges</p> <p>Impairment Disability</p> <p>Diagnosis Condition</p> <p>Personal issues</p> <p>Life circumstances</p> <p>Preoccupations</p> <p>Personality</p> <p>Temperament</p> <p>Sensitivity</p> <p>Resilience</p> <p>Confidence</p> <p>Self esteem</p> <p>Abilities</p> <p>Competences</p> <p>Interests</p> <p>Obsessions</p> <p>Dislikes</p>	<p>CURRENT STATE</p> <p>Calm Alert</p> <p>Peaceful</p> <p>Basic needs are met</p> <p>Engaged Motivated</p> <p>Hungry Thirsty</p> <p>Hot Cold</p> <p>Tired / Lack of sleep</p> <p>Disturbed sleep</p> <p>Wound up On edge</p> <p>High arousal</p> <p>Stress levels</p> <p>Stress response (fight/flight)</p> <p>Dissociation</p> <p>Pain / Discomfort</p> <p>Poorly / Sick / Unwell</p> <p>Travel sick</p> <p>Medication effects</p> <p>Blood pressure</p> <p>Blood sugar</p>	<p>Good mood / Bad mood</p> <p>Feeling or not feeling...</p> <p>Safe</p> <p>Connected</p> <p>Accepted</p> <p>Respected</p> <p>Liked</p> <p>Needed</p> <p>Understood</p> <p>Included</p> <p>Valued</p> <p>In control</p> <p>Right</p> <p>Fairly treated</p> <p>Free</p> <p>Autonomous</p> <p>Nurtured</p> <p>Loved</p> <p>Cared-for</p> <p>Contained</p> <p>At-peace</p> <p>Well</p>	<p>Temperature</p> <p>Time of Day</p> <p>Light Dark</p> <p>Fluorescent lights</p> <p>Bright / Flashing lights</p> <p>Room layout</p> <p>Furniture</p> <p>Objects present</p> <p>Open Crammed</p> <p>Cluttered Tidy</p> <p>Clean / Dirty</p> <p>Outside Places</p> <p>Weather</p> <p>Transport</p> <p>Movement</p> <p>Colours Patterns</p> <p>Smells</p> <p>Comfort factors</p> <p>Clothes</p> <p>Music Rhythm</p> <p>Silence</p> <p>Sounds</p> <p>Tastes</p> <p>Place associations</p> <p>Favourite Places</p> <p>Communication friendly</p>	<p>Alone</p> <p>Another person present</p> <p>Interactive</p> <p>Being watched</p> <p>Observation</p> <p>Group situation</p> <p>Who?</p> <p>Known person/people</p> <p>Unknown person/people</p> <p>Quality of relationship</p> <p>History</p> <p>Familiar person</p> <p>Person in wrong context</p> <p>Communication</p> <p>Opportunity</p> <p>Right level</p> <p>Right mode</p> <p>Appropriate</p> <p>Understood</p> <p>Not understood</p> <p>Misunderstood</p> <p>Ignored</p> <p>Overlooked</p> <p>Listened to Heard</p> <p>Consulted</p> <p>Non-verbal Verbal</p> <p>Language use</p> <p>Spoken Speech</p> <p>Signs</p> <p>Symbols</p> <p>Gestures</p> <p>Communication Support</p> <p>Systems (AAC)</p> <p>Devices</p> <p>Communication partner</p>	<p>Attentive</p> <p>Attuned</p> <p>Responsive</p> <p>Predictable</p> <p>Consistent</p> <p>Guiding</p> <p>Regulating</p> <p>Validating</p> <p>Understanding</p> <p>Patient</p> <p>Empathic</p> <p>Kind Fun</p> <p>Supportive</p> <p>Caring Nurturing</p> <p>Calming</p> <p>Passive</p> <p>Provocative</p> <p>Obstructive</p> <p>Volatile</p> <p>Mean Unkind</p> <p>Neglectful</p> <p>Hurtful Abusive</p> <p>Workload Pressure</p> <p>← PERSONAL FACTORS</p>
	<p>SPECIFIC ISSUES / DIFFICULTIES</p> <p>Transitions / Change</p> <p>Sensory</p> <p>Social Perspective Taking</p> <p>Empathy</p> <p>Social Skills</p> <p>Impulsivity / Self control</p> <p>Self regulation</p> <p>Attention Mental Processing</p> <p>Memory</p> <p>Planning</p> <p>Foresight Anticipation</p> <p>Executive Functioning</p> <p>Anxiety Low mood</p>	<p>PAST EXPERIENCES</p> <p>Parenting</p> <p>Care giving</p> <p>Socialisation</p> <p>Trauma</p> <p>Neglect Abuse</p> <p>RECENT EVENTS</p> <p>Relevance</p> <p>Frequency</p> <p>Memories</p> <p>Special days</p> <p>Significant dates</p>	<p>ACTIVITY / SITUATION</p> <p>Familiar Predictable</p> <p>Routine</p> <p>Varied</p> <p>New Novel Strange</p> <p>Known Unknown</p> <p>Preferred</p> <p>Liked Disliked</p> <p>Stimulating</p> <p>Personalised Relevant</p> <p>Long time Short time</p> <p>Finished</p>	<p>Adult Attitudes & Beliefs</p> <p>About a particular child</p> <p>About children in general</p> <p>About emotion</p> <p>About behaviour</p> <p>About disability</p> <p>About past experiences</p> <p>Cultural</p> <p>Expectations (too high / too low)</p> <p>Attitudes</p> <p>Opinions</p> <p>Prejudices</p> <p>Discrimination</p>		