Expanding Your Emotional Vocabulary:

A Quick Guide

Why Label Emotions?

- <u>Improved Emotional Intelligence</u>: Better understand and manage your feelings.
- Enhanced Communication: Clearly express emotions to improve relationships.
- <u>Effective Emotional Regulation</u>: Reduce stress by naming feelings precisely.



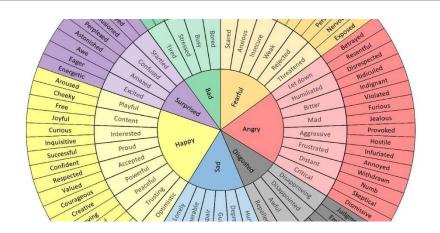
Neuroscience at a Glance

Labeling Emotions (Affect Labeling) activates the prefrontal cortex (associated with reasoning and control) and reduces activity in the amygdala (emotional reactivity).

Practical Tools

Emotion Wheel: A visual tool to help identify precise emotions.

Journaling: Regularly write down your feelings to enhance clarity and reduce stress.



Quick Tips for Daily Practice

- <u>Pause</u>: Take a moment to name your emotions accurately during stressful moments.
- Reflect: Use a journal to describe your emotional experiences with specific terms.
- <u>Communicate</u>: Clearly share your precise emotions in conversations.

References for Further Reading

Barrett, L. F. (2017). How emotions are made: The secret life of the brain.

Lieberman et al. (2007). Affect labeling disrupts amygdala activity. Psychological Science.

Knothe & Walle (2023). Labeling discrete emotions in childhood. Affective Science.



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