

UNDERSTANDING COMPLEX EMOTIONS

Complex emotions are familiar to you, but more layered and combine a lot of feelings happening all at once. Some examples are jealousy, guilt, awe, and gratitude. When you can successfully recognize and label any emotion, you are more likely to be able to regulate. Regulating your emotions is especially helpful when you are going through a really intense time as complex emotions can sometimes be unhealthy. During times like these, focus your regulation on trying to reflect and thoughtfully express how you are feeling. Exploring why you have found yourself in specific experiences can help identify triggers, develop your interpersonal and intrapersonal skills, and, in the end, keeping yourself emotionally and mentally healthy.

Application: Below you will find a list of a list of complex emotions and corresponding definitions. Do your best to match each word with its definition.

When you are finished, compare your answers with others and your teacher, or google the correct answers.

Disgust	<i>feeling bad about having done something wrong</i>
Pride	<i>resenting or feeling bitter about someone's successes or things they have</i>
Shame	<i>discomfort or distress due to something you did or a wrong done to you</i>
Envy	<i>satisfaction and confidence about something you've done or achieved</i>
Gratitude	<i>feeling appalled by something offensive that someone has said or done</i>
Awe	<i>feeling self-conscious or uneasy</i>
Guilt	<i>feeling intensely inspired</i>
Embarrassment	<i>feeling appreciative and thankful</i>

Practice: Whenever you know you're experiencing complex emotions, give yourself a break. These times are normal, and you are not alone. When things feel especially burdensome, practice taking a moment to intentionally cope with what is going on. Ask for help or advice, journal your thoughts, or have a healing conversation with those involved.