

Name \_\_\_\_\_ Period \_\_\_\_\_

## Emotions Vocabulary

**Matching:** Match the vocabulary word or words, 1-12, with the best answer, a-l. Record your answer in the space provided.

- |   |  |
|---|--|
| a. Primary response to pleasant events in one's life.   | g. Deep feeling of affection; a learned emotion.   |
| b. A deep lasting sadness from the loss of someone or something   | h. Reactions to situations that involves your mind, body & behavior.   |
| c. Normal emotional response to feelings of frustration or helplessness.                                  | i. Making up for a weakness by excelling in another area.  |
| d. Emotions that are expressed by all people in all cultures.   | j. Coping strategies that help you protect yourself from difficult feelings.   |
| e. The expression of these emotions are learned in a social environment in which the individual grows up. | k. Refusing to recognize an emotion or problem.  |
| f. Normal response to disappointing events in your life.  | l. A way of dealing with uncomfortable feelings in a positive way; playing sports, reading a book, talking to someone, listing to music. |

- \_\_\_ 1. Emotion
- \_\_\_ 2. Primary Emotion
- \_\_\_ 3. Happiness
- \_\_\_ 4. Sadness
- \_\_\_ 5. Grief
- \_\_\_ 6. Anger
- \_\_\_ 7. Learned Emotions
- \_\_\_ 8. Love
- \_\_\_ 9. Defense Mechanisms
- \_\_\_ 10. Compensation
- \_\_\_ 11. Denial
- \_\_\_ 12. Coping Skills

