

Emotions you have to work on!

Anger

A strong emotion you feel when something is unfair, frustrating, or hurtful. It can make you react quickly without thinking.

Example: You feel angry when someone lies to you or disrespects you in front of others.

Envy

A feeling of wanting something that another person has, such as success, money, or attention. It can make you compare yourself constantly.

Example: You feel envy when a classmate gets a better grade without studying much.

Jealousy

A feeling of fear or insecurity about losing someone's attention or affection to another person.

Example: You feel jealous when your partner spends a lot of time with someone else.

Guilt

A feeling you get when you believe you did something wrong or hurt someone. It can help you learn, but too much can be harmful.

Example: You feel guilty after lying to your parents or a close friend.

Shame

A deep feeling that something is wrong with who you are, not just what you did. It often affects self-esteem.

Example: You feel shame when you think others are judging you for your mistakes.

Fear

An emotion that appears when you sense danger or risk. It can protect you but also stop you from taking opportunities.

Example: You feel fear before speaking in front of a large group.

Anxiety

A persistent feeling of worry or nervousness about what might happen in the future. It often comes with physical tension.

Example: You feel anxiety the night before an important exam.

Sadness

A feeling of unhappiness or sorrow, usually caused by loss, failure, or disappointment.

Example: You feel sadness when a relationship ends or you lose something important.

Resentment

A long-lasting feeling of anger or bitterness toward someone because of something unfair.

Example: You feel resentment toward someone who treated you badly and never apologized.

Hopelessness

A feeling that nothing will get better and that your efforts will not change anything.

Example: You feel hopeless after failing many times and thinking you will never succeed.

Uncertainty

A feeling of not knowing what will happen or how someone feels, which can create stress and overthinking.

Example: You feel uncertainty when you don't know if someone likes you or not and you keep thinking about it.

Frustration

A feeling of annoyance when you cannot achieve something or when things don't go as planned.

Example: You feel frustrated when you study a lot but still don't understand a topic.

Loneliness

A feeling of being alone or disconnected, even if you are surrounded by people.

Example: You feel lonely when you are with others but feel like no one really understands you.

Disappointment

A feeling of sadness when reality does not meet your expectations.

Example: You feel disappointed when you work hard for something and don't get the result you wanted.

Insecurity

A lack of confidence in yourself, often linked to fear of judgment or rejection.

Example: You feel insecure when you compare yourself to others and think you are not good enough.