

Goretti Center for Healing and Forgiveness

Timothy G. Lock, Ph.D., Founder and Director

2 Old New Milford Rd., Suite 2A, Brookfield, CT 06804

(203) 775-3820

[www.goretticenter.com](http://www.goretticenter.com)

[doctortimlock@gmail.com](mailto:doctortimlock@gmail.com)

---

INSTRUCTIONS FOR HANDOUT 5 AND 6

by Timothy G. Lock, Ph.D.

06/01/2022

Please read through each emotion word category and look to see if each point is part of your experience.

Handout #6 includes many emotions and examples that follow the model outlined in Handout #5, however, since each human person is so complicated and unique, every word and example on Handout #6 may not be a part of your personal experience.

Starting with, for example, anger words (page 1 of Handout #6), look at the 20 or so words that are different "flavors" or variations of the emotion of anger. As you look at each word, ask yourself, "Is this part of my experience? Do I sometimes feel this feeling?" You might say to yourself, "I never feel 'grumpy', but sometimes I feel 'frustrated'. I don't relate to the word 'fury' but I know that I sometimes feel 'agitated'." Put a check mark next to the words that are part of your experience. Spend a few moments thinking of your experiences in this category of emotion and note if there are any additional words that label the emotions you may sometimes experience.

Continue to the "Prompting Events for Feeling Anger" and look at each item asking yourself, "Is this part of my experience? Is this prompting event something that prompts anger for me?" Put a check mark next to the words that are part of your experience. At the end of each section, ask yourself, "are there other prompting events that are not listed on the handout?" Write down these additional personal prompting events.

Continue the same way through all of the sections for anger: "Interpretations of Events that Prompt Feelings of Anger", then "Biological Changes and Experiences of Anger", "Expressions and Actions of Anger", and "Aftereffects of Anger".

Then choose another emotion and repeat.

Keep these sheets, and please bring them to your next appointment to review.