

Master the  
**Emotional Language**  
technique



# Can you read your dashboard?

Let's look at why emotional vocabulary is a must!

Ever been in the cockpit of a plane?

There are hundreds of dials and buttons and gauges and screens.

Now imagine the only controls in the cockpit are the ones you see on a little scooter: two gauges, one hooter, an indicator and a brake light. No way!

And why? Because the experience on an airplane is not possible without that big dashboard. You could put-put down the road but you couldn't fly to Australia tonight ready to visit some kangaroos.

Emotional vocabulary is just the same. The bigger your dashboard, the more levers and gauges you have for understanding what you're feeling and what it's called, the greater your experience and the further it will take you.

## Let's look at it another way

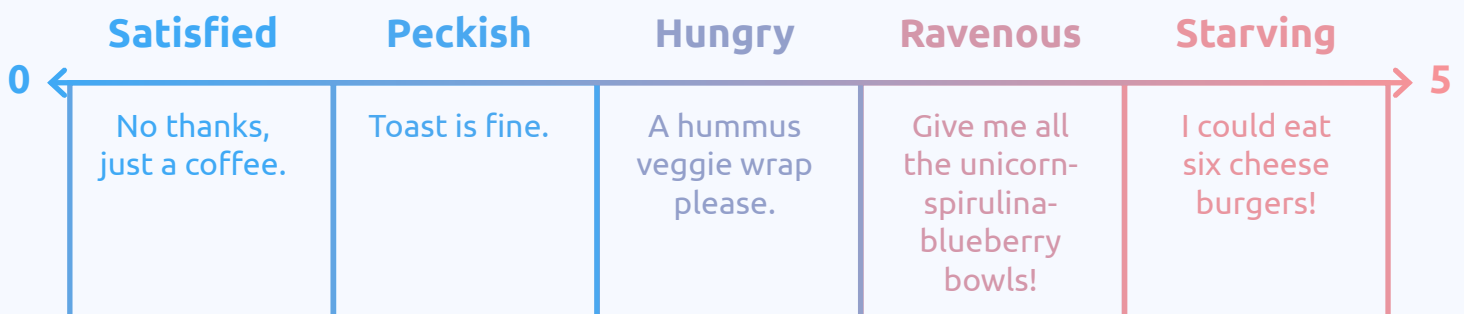
Feeling an emotion like sadness is a bit like **the feeling of hunger**, it can vary anywhere from a little to a lot. But did you know that there are specific words to describe your exact level of hunger? These words are like indicators or gauges on a dashboard: the more you have, the greater your experience will be. Here are a few: starving, ravenous, satisfied, peckish, hungry, famished, full.

## So how do you gauge your hunger level?

1. By thinking about how you feel physically and emotionally.
2. Applying a word that matches.

Try it out here.

Think for a moment, look at the scale below and match a word with what you feel:



It's necessary to know how hungry you are. Why? Because it helps you gauge how much food you need.

## Emotions are similar.

There are many words to describe levels of emotions:

### Anger

Annoyance  
Resentment  
Rage  
Wrath

### Disgust

Aversion  
Repugnance  
Revulsion  
Distaste

### Sadness

Distraught  
Discouraged  
Disappointed  
Miserable

### Fear

Terrified  
Horrified  
Nervous  
Desperate

### Enjoyment

Pride  
Excitement  
Peace  
Ecstasy

We can gauge our level of emotions the same way we do hunger:

1. Think about how you feel - physically and emotionally (reflecting).
2. Choose a word that matches your emotion (emotional vocabulary).

## Need help recognising which emotion you're experiencing?

This table breaks down a few of the physical signals of the 5 main emotions for you!

Emotion	Body signals
<b>Anger</b>	<ul style="list-style-type: none"><li>• Clenched fists</li><li>• Heart beating fast</li><li>• Feeling hot in your neck and face</li><li>• Feeling your blood pressure increasing</li><li>• Pounding temples</li><li>• Tension in your body</li><li>• Clenched jaw</li><li>• Shaking or trembling</li><li>• Increased sweating</li><li>• Headache</li></ul>
<b>Disgust</b>	<ul style="list-style-type: none"><li>• Grimacing</li><li>• Wrinkled face and narrowed eyes</li><li>• Lowered eyebrows</li><li>• Sick feeling in your stomach/nausea</li><li>• Feeling revulsion</li><li>• Just want to get away or escape</li></ul>

<p><b>Sadness</b></p>	<ul style="list-style-type: none"> <li>• Hollow feeling in your chest or stomach</li> <li>• Lump in your throat</li> <li>• Aching</li> <li>• Feeling like crying</li> <li>• Tightness in your chest</li> <li>• Withdrawn from others</li> </ul>
<p><b>Fear</b></p>	<ul style="list-style-type: none"> <li>• Butterflies in your stomach</li> <li>• Dry mouth</li> <li>• Short and shallow breathing</li> <li>• Tension around eyes and mouth</li> <li>• Sick in the stomach</li> <li>• Heart beating rapidly</li> </ul>
<p><b>Enjoyment</b></p>	<ul style="list-style-type: none"> <li>• Smiling</li> <li>• Relaxed muscles</li> <li>• Open stance</li> <li>• Feeling safe</li> <li>• Comfortable</li> <li>• Feeling warm inside</li> </ul>

## Let's take a look at an example...

**Your waiter has forgotten to bring your Coke for the second time.**

Now follow these steps:

1. Think about what you're feeling and experiencing:

Toes tapping, deep breath out, but still keeping your cool, though no longer able to focus fully on your conversation, feeling a little distracted.

2. Match it with a word:

Not rage, not bitterness... but frustrated!

"I'm feeling frustrated that the waiter has forgotten my Coke for the second time."

**So, emotional vocabulary is all about having the right word to match the right level of emotion we are feeling.**

It's our way of adding more gauges and indicators to our dashboard - because we want a fuller, more meaningful and accurate experience!

Here's to developing your emotional vocabulary and paying attention to those daily indicators on your dashboard!