

About Emotions Explorer

ccl-explorer.org/about-emotions-explorer/

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Emotions Explorer[™] is a tool designed to surface and explore emotions and feelings. Emotions are a factor in leadership effectiveness — in individual motivation, team performance, conflict and collaboration. Becoming more emotionally intelligent is to be more aware of emotions and better manage our responses. Emotions Explorer is in beta testing and we would like your feedback. Contact us at info@ccl.org. Theory and research aspects are posted [here](#).



Purchase Emotions Explorer [here](#).

How to Use Emotions Explorer[™]

The cards help us identify and express emotions. You can use the cards in a number of ways:

- Surface what people are feeling at various points in a process.
- In coaching to identify emotions that are present when someone is at their best (or worst).
- A reflective tool to become more mindful of our emotional states.
- In conflict situations to uncover other's needs (and express our own).
- As a resource to find the right nuance to express our feelings while providing feedback.

Emotions Explorer consists of the following basic emotions (or "affects"):

1. Excited
2. Enthused
3. Happy
4. Powerful
5. Proud
6. Alert
7. Determined
8. Inspired
9. Energetic
10. Sad
11. Guilty

12. Irritated
13. Angry
14. Agitated
15. Scared
16. Nervous
17. Restless
18. Worried
19. Troubled
20. Content
21. Mellow
22. Pleased
23. Calm
24. Relaxed
25. Peaceful
26. Bored
27. Tired
28. Upset

Positive Emotion-states

29. Hopeful
30. Fascinated
31. Delighted
32. Infatuated
33. Amused
34. Wonderful
35. Confident
36. Free
37. Grateful

Moral emotions

38. Persecuted
39. Betrayed
40. Cheated
41. Foolish
42. Remorse
43. Pity
44. Embarrassed
45. Disgusted

Social Emotions

46. Affectionate
47. Loved
48. Kind

49. Generous
50. Amiable
51. Liked
52. Welcome
53. Appreciated
54. Honored
55. Bitter
56. Jealous
57. Rejected
58. Left out

Cognitive states

59. Confused
60. Distracted
61. Intrigued
62. Suspicious
63. Odd

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