1E (v): INTERPRETING YOUR EMOTIONS

OUR FEELINGS **INTERPRET** OUR EMOTIONAL EXPERIENCES SO WE CAN **MAKE SENSE** OF THINGS.
HOWEVER, THAT DOES NOT MEAN THAT 'OUR SENSE' MAKES SENSE.

Using Parrott's list of secondary and tertiary emotions (feelings) write all the feelings you regularly (and automatically) use to interpret your emotional experiences. You can also add your own personal feelings that are not on the list.



JOY



LOVE



SURPRISE



FEAR



ANGER



SADNESS