Emotion Awareness Card

NAME it to TAME it

User Manual

"Emotion Awareness Card" is created by the Institute of Emotion Focused Therapy (Asia) (IEFTA), aiming to enhance the ability of emotion awareness. The deck contains 54 cards, using illustrations of an expressive golden retriever puppy paired with emotion vocabularies to make abstract, indescribable inner feelings specific. It helps users identify, accept, and express emotions, thereby developing deeper self-understanding and interpersonal connections.

Identify Emotions	Accept Emotions	Express Emotions	Growth & Connection
Aware of Inner Feelings	Understand and Accept Emotions	Express Emotions with Appropriate Vocabularies	Building Deeper Relationships

Intended Objectives

Guiding Emotion Identification and Expression

Many people find it difficult to describe complex emotions with precise vocabularies. This deck of card provides users with 54 nuanced emotion words (see Appendix) to concretize abstract feelings. It helps people no longer using vague and habitual expressions like "unhappy," "in a bad mood," or "uncomfortable," and find the most appropriate description for their emotions.

Promoting Deep Self-Exploration

During the process of self-awareness, this tool helps users clarify the psychological needs behind their emotions (e.g., feeling angry might stem from personal boundaries being violated; feeling insecure might be a craving for safety). It echoes the concept "NAME it to TAME it"—naming the emotion first is key to soothing it.

Breaking the Ice and Deepening Communication

The cute golden retriever illustration on the cards could effectively lower defensiveness when talking about feelings in family, school, or workshop settings. It softens awkward atmospheres, builds a safe haven for genuine sharing, and enhances empathy and mutual understanding among participants.

Psychological Counseling Tool

Psychologists, social workers, counselors, or emotion coaches often use cards as a tool to break through their client's psychological defenses. It guides them to present their deep thoughts, suppressed emotions, conflicts, or inner desires, facilitating further psychological therapies.

Learning Non-Verbal Emotion Recognition

Through the vivid animal facial expression illustrations on the cards, users can simultaneously learn to observe non-verbal facial and body clues, such as changes in frowning, eye expression, and corners of the mouth. This enhances sensitivity to others' emotional states in real-life interactions, rather than relying solely on verbal communication to understand how people feel.

Using in Individual or Small Group Settings

Individual Awareness Exercise

Select a card from the full deck that closely matches your emotion at that moment (rather than drawing a card randomly). Pause for a moment, carefully observe the facial expression illustrated on the card, and reflect: "Am I in this state today?" Use this to observe and connect with your present emotional state.

Emotion Story Sharing

In small group or parent-child dialogue settings, each person selects one to three cards that best represent their current feelings, and takes turns sharing the stories behind them.

Exploring Emotion Transformation

Select a card that represents your "distressing emotion," and then choose another card that represents your "desired/target state." Discuss how to move from the former to the latter, understand the emotional needs involved, and explore the emotional support required during this transformation process.

Using in Parent-Child Workshop Settings

Emotion Mirror

The parent and child take turns drawing a card. Without making any sound, they must act out the emotion on the card using only their facial expressions, and let the other person guesses what emotion it is. After guessing, discuss: "How did you know it was that emotion? Were there clues from the eyes, facial muscles, or changes in the corners of the mouth?" This gameplay strengthens the ability to recognize non-verbal expressions and helps children practice observing parents' emotional clues.

Emotion Timeline

Use multiple cards to arrange a timeline of mood changes, such as "Morning – After School/After Work – Now." The parent and child each select cards to present their own emotion timelines, and then take turns sharing: "Why do I have this feeling at this moment?" This reflection approach helps parents and children understand each other's daily emotional ups and downs. Besides enhancing parent-child communication, it is also an excellent opportunity to practice emotion expression.

**The above suggestions are for reference only. Users can exercise their creativity to design various activities tailored to different scenarios and participants.*

***Emotion Awareness Cards are suitable for individuals aged two or above.*

Appendix: Chinese-English Bilingual List of 54 Emotion Vocabularies

The following are the emotion vocabularies covered in the whole deck of 54 cards of the "Emotion Awareness Card". Users may arrange them in sequential order for quick reference during use.

快樂 *Happy*	安全 *Safe*	欣慰 *Gratified*
希望 *Hopeful*	自豪 *Proud*	幸福 *Blissful*
感激 *Grateful*	享受 *Content*	輕鬆 *Relaxed*
興奮 *Excited*	悲傷 *Sad*	沮喪 *Dejected*
痛苦 *Painful*	抑鬱 *Depressed*	失望 *Disappointed*
受傷 *Hurt*	委屈 *Wronged*	氣餒 *Discouraged*
絕望 *Hopeless*	空虛 *Empty*	孤單 *Lonely*
憤怒 *Angry*	懊惱 *Annoyed*	憎恨 *Hateful*
不滿 *Dissatisfied*	鄙視 *Disdainful*	厭煩 *Weary*
煩躁 *Irritable*	害怕 *Scared*	恐慌 *Panicked*
無助 *Helpless*	無力 *Powerless*	緊張 *Nervous*
厭惡 *Disgusted*	焦慮 *Anxious*	擔心 *Worried*
壓力大 *Stressed*	安心 *Relieved*	尷尬 *Embarrassed*
羞愧 *Ashamed*	羨慕 *Envious*	妒忌 *Jealous*
無聊 *Bored*	驚訝 *Surprised*	激動 *Thrilled*
得安慰 *Comforted*	被愛 *Loved*	感動 *Touched*
困惑 *Confused*	迷惘 *Lost*	矛盾 *Conflicted*
愧疚 *Guilty*	懊悔 *Regretful*	麻木 *Numb*

Caring for emotions begins with awareness; arrives first, then departs.

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