

# EMOTIONAL INTELLIGENCE

Here are a list of emotions for you to use in the exercise mentioned in the episode.

You can find more great ways to use these cards (and others) in [The Retrospective Lexicon](#).



<p>EMOTION</p> <h2>CARE</h2> <p>↔ to be concerned or interested; to feel something is important.</p> <p>"he cared about the quality of the product..."</p> <p>30</p>	<p>EMOTION</p> <h2>CURIOSITY</h2> <p>↔ yearning to learn or know something.</p> <p>"he investigated a potential solution out of curiosity..."</p> <p>24</p>	<p>EMOTION</p> <h2>GRATITUDE</h2> <p>↔ being thankful; wanting to show appreciation.</p> <p>"he expressed his gratitude to the team for their efforts..."</p> <p>23</p>	<p>EMOTION</p> <h2>HOPE</h2> <p>↔ expecting or wanting something particular to happen.</p> <p>"she looked through the backlog in the hope of finding the missing user story..."</p> <p>27</p>	<p>EMOTION</p> <h2>JOY</h2> <p>↔ tremendous pleasure and satisfaction.</p> <p>"she was filled with joy when she heard the client's feedback..."</p> <p>22</p>	<p>EMOTION</p> <h2>PRIDE</h2> <p>↔ the delight or gratification that comes from an achievement.</p> <p>"he showed immense pride in the standard of their work..."</p> <p>28</p>	<p>EMOTION</p> <h2>OPTIMISM</h2> <p>↔ confidence in and expectation of future success.</p> <p>"she was filled with optimism by the end of the planning session..."</p> <p>29</p>	<p>EMOTION</p> <h2>SATISFACTION</h2> <p>↔ the pleasure that comes from having one's expectations or needs met.</p> <p>"she looked on with satisfaction at seeing the team in full flow..."</p> <p>26</p>	<p>EMOTION</p> <h2>SURPRISE</h2> <p>↔ a small degree of astonishment or shock at the unexpected.</p> <p>"he was surprised at the customer's reaction..."</p> <p>25</p>
<p>EMOTION</p> <h2>TENSION</h2> <p>↔ being stretched or strained by conflicting demands, by a lack of resources/abilities or by discord.</p> <p>"he felt tension between himself and the client..."</p> <p>38</p>	<p>EMOTION</p> <h2>FRUSTRATION</h2> <p>↔ feeling anger or annoyance at being unable to achieve or change an outcome.</p> <p>"she showed her frustration at the lack of progress..."</p> <p>34</p>	<p>EMOTION</p> <h2>FEAR</h2> <p>↔ to feel a threat of harm, risk, or danger.</p> <p>"she feared the reaction from the client..."</p> <p>31</p>	<p>EMOTION</p> <h2>DOUBT</h2> <p>↔ to be uncertain or lack confidence.</p> <p>"she was beginning to doubt if the team would deliver on time..."</p> <p>39</p>	<p>EMOTION</p> <h2>ANGER</h2> <p>↔ a strong sense of irritation, displeasure, or annoyance.</p> <p>"she was angry that he was late for the daily meeting..."</p> <p>37</p>	<p>EMOTION</p> <h2>CONFUSION</h2> <p>↔ being unsure about what is required, happening, or meant.</p> <p>"there seemed to be some confusion about what the customer had asked for..."</p> <p>32</p>	<p>EMOTION</p> <h2>BORED</h2> <p>↔ feeling drained or restless because an activity is uninteresting.</p> <p>"the boredom of working on the same tasks each week, was causing morale to drop..."</p> <p>35</p>	<p>EMOTION</p> <h2>PESSIMISM</h2> <p>↔ expecting bad things to happen; negative thinking.</p> <p>"she sensed pessimism amongst the group about the poor quarterly results..."</p> <p>36</p>	<p>EMOTION</p> <h2>SHAME</h2> <p>↔ feeling humiliated or distressed about being wrong or acting foolishly or incorrectly.</p> <p>"he felt shame in changing the plan without the team's consent..."</p> <p>33</p>