

PMA Emotion Naming Sheet

Eight container words unpacked into precise names, the four channels, and a two-week naming log.

For adults and older students, and for practitioners, teachers and coaches.

Free resource · 2026

Scope, use and limits

A free reference sheet that replaces vague emotional vocabulary with precise names, and a two-week log for practising the shift.

What this resource is for

- Naming emotions precisely enough to know what would help.
- Noticing the body and attention signals that arrive before the label.
- Recording entries without turning them into self-judgement.

What this resource is not for

- Diagnosing, assessing or classifying any person.
- Replacing professional assessment, treatment, supervision or emergency care.
- Producing scores, thresholds or severity ratings.
- Use during a crisis or where there is any risk of harm.

PROFESSIONAL AND LEGAL BOUNDARY

This resource is an educational and professional documentation aid published by PMA Science University. It is not a diagnostic instrument, a psychometric test, or a substitute for assessment, treatment, supervision, or emergency care by a qualified professional.

Nothing in this resource assigns a diagnosis, produces a clinical score, or establishes a clinical threshold. Observation records and self-reflection entries describe what was seen or experienced. They do not classify a person.

Rights and licence

No proprietary test, scoring system, coding manual, certification syllabus, or third-party clinical instrument is reproduced here in whole or in part. All frameworks, wording, forms, and sequences in this document are original PMA Science material.

If you are supporting someone who may be at risk of harm, stop using this resource and contact local emergency services or a crisis line immediately.

Licence: single-user licence. You may print and use these pages for your own practice, study, classroom, household, or caseload. You may not resell, sublicense, rebrand, or redistribute the file or its contents.

© PMA Science University. All rights reserved.

Contents

CONTENTS

Naming with precision
The four channels
Regulation is not calm
Two-week naming sheet

Naming with precision

"Stressed", "fine" and "bad" are containers, not names. A container tells you something is happening. A name tells you what it is about — and what it is about tells you what would actually help.

Container	More precise possibilities
Stressed	rushed · overloaded · unprepared · trapped · responsible for too much · uncertain · behind
Bad	ashamed · guilty · disappointed · lonely · flat · unwell · grieving
Angry	dismissed · blamed unfairly · interrupted · let down · powerless · protective · rushed
Anxious	exposed · unprepared · waiting · responsible · out of control · activated with no threat present
Fine	tired · numb · avoiding · genuinely settled · too busy to check
Overwhelmed	too many inputs · too many decisions · no recovery time · no clear first step
Low	grieving · disappointed · under-slept · isolated · without purpose today · physically unwell
Frustrated	blocked · unheard · out of time · out of skill · dependent on someone else

The four channels — what arrives first

- **Body.** Chest, jaw, breath, stomach, heat, heaviness. Usually first.
- **Attention.** What the mind will not leave. Usually second.
- **Thought.** The sentence underneath. Often mistaken for the emotion itself.
- **Impulse.** Leave, argue, apologise, go silent, check again. The costly one.

REGULATION IS NOT CALM

Regulation does not mean feeling calm or feeling less. It means the emotion no longer chooses the action on your behalf.

Two-week naming sheet

One row per entry, twice a day

Day	Body signal	Precise name	What it was about	/10	What I chose to do

At the end of two weeks: which name recurred, and what condition preceded it most often?

Free resource · PMA Science University · pmascience.com/psychology