Emotional Equations

Emotional equations break down typical emotions into components much like a math equation. By learning emotional equations one can think about the ingredients fueling the emotion and make behavioral changes to change the emotion constructively.

Directions: Create the emotional equations for the words given and come up with the emotion for the equation for questions 8-10.

1. LOVE=
2. COURAGE =
3. JEALOUSY=
4. INTEGRITY=
5. SACRIFICE=
6. FEAR =
7. HATE=
8. \_\_\_\_\_\_\_\_\_\_\_\_ = Peace + Happiness
9. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ = Discipline + Respect
10. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ = Know + Trust + Rely + Commit + Touch