JOY
Some situations that can help me identify this emotion:
- Do my students communicate, write or read better than they did a few months ago? Have I been able to resolve a conflict with a coach, principal, colleague or administrator? Do I have a team that I work well with?

What does this emotion tell me?
- I have achieved something that I wanted to or I have satisfied a need I had.

Related emotions:
- Optimism, enthusiasm, euphoria, contentment, etc.

SADNESS
Some situations that can help me identify this emotion:
- Do I feel incapable of improving a situation, teaching a skill, etc.? Have I lost confidence in a student I have been working with? Are my resources scarce?

What does this emotion tell me?
- I have lost an opportunity, a colleague or team, self-confidence, confidence in others or myself, interest in something; I miss other seasons/times.

Related emotions:
- Pessimism, nostalgia, unhappiness, boredom, loneliness

What do I need?
- People who appreciate me, confidence in myself, love, support, etc.

FEAR
Some situations that can help me identify this emotion:
- Will they think I am a bad teacher if my activity doesn’t go well or if I lose control of the class? If I share my opinion in meetings will others think I don’t know what I’m talking about? Do I feel like I could be fired?

What does this emotion tell me?
- I perceive the approach of a danger that could impact my image as a teacher or that could harm me physically or have a painful repercussion in my life.

Related emotions:
- Panic, anxiety, horror, etc.

What do I need?
- Security.

ANGER
Some situations that can help me identify this emotion:
- Do I feel that my students don’t respect me? Do I feel that a colleague has treated me wrongly? Have I broken my own rules by doing something I said I would stop doing?

What does this emotion tell me?
- I perceive that my authority, my liberty, my rights, etc. in other words my limits have been transgressed and violated.

Related emotions:
- Tension, jealousy, resentment, indignation, frustration, exasperation, etc.

What do I need?
- Set/define my limits.