

Emotion Myths

- Myths (e.g., mistaken beliefs) about emotions get in the way of your ability to regulate emotions.
- Myths that emotions are bad or weak lead to avoiding emotions.

1 There is a right way to feel in every situation.

2 Letting others know that I am feeling bad is a weakness.

3 Negative feelings are bad and destructive.

4 Being emotional means being out of control.

5 Emotions can just happen for no reason.

6 All painful emotions are a result of a bad attitude.

7 If others don't approve of my feelings, I obviously shouldn't feel the way I do.

8 Other people are the best judges of how I am feeling.

9 Painful emotions are not important and should be ignored.

10 Extreme emotions get you a lot further than trying to regulate your emotions.

11 Creativity requires intense, often out-of-control emotions.

12 Drama is cool.

13 Emotions should always be trusted.

14 Emotional truth is what counts, not factual truth.

15 People should do whatever they feel like doing.

16 My emotions are why people love me.

17 My emotions are who I am.

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