

Exercise: Emotional Beliefs

1. Which emotions were okay and which were not okay in your family? Which emotions were given names and responded to and which emotions were unacceptable to express?

2. Were vulnerable emotions (like sadness, fear, or loneliness) expressed in your family? How were these kinds of emotions responded to?

3. Do you experience any physical symptoms that have no direct physical cause? Do you think they could be a physical impact of suppressing emotions?

4. What behaviors did you see your parents engage in when they were trying not to feel something (such as after a fight, or after losing a loved one)?

FEELINGS WORD LIST

Happiness

Adored
Alive
Appreciated
Cheerful
Ecstatic
Excited
Glad
Grateful
Hopeful
Joyful
Loved
Merry
Optimistic
Playful
Pleased
Satisfied
Tender
Thankful
Uplifted
Warm

Anger

Amazed
Accused
Aggravated
Agitated
Angry
Annoyed
Bitter
Contemptuous
Cross
Defensive
Exacerbated
Frustrated
Furious
Hostile
Impatient
Infuriated
Insulted
Jealous
Offended
Outraged
Rebellious
Resistant
Scorned
Spiteful
Vengeful

Sadness

Alone
Blue
Burdened
Defeated
Depressed
Devastated
Disappointed
Discouraged
Dismayed
Grief-stricken
Gloomy
Heartbroken
Hopeless
Hurt
Let-down
Lonely
Melancholy
Miserable
Neglected
Pessimistic
Remorseful
Resentful
Sympathetic
Unhappy

Fear

Afraid
Alarmed
Anxious
Cautious
Dreadful
Fearful
Frightened
Haunted
Helpless
Hesitant
Horrorified
Insecure
Lost
Mortified
Nervous
Petrified
Puzzled
Reserved
Sheepish
Tearful
Tense
Threatened
Uneasy
Uncomfortable

Surprise

Amazed
Astonished
Curious
Delighted
Enchanted
Exhilarated
Impressed
Incredulous
Inquisitive
Playful
Replenished
Shocked
Startled
Stunned
Surprised

Disgust

Ashamed
Embarrassed
Exposed
Guilty
Ignored
Inadequate
Incompetent
Inept
Inferior
Inhibited
Insignificant
Sick
Squashed
Stupid
Ugly
Unaccepted

Exercise: Name The Feeling

Take a look at the Feelings Word List and consider the following questions:

1. Which emotions have you experienced throughout the day?

2. Which feelings on the list do you experience most often?

3. Which emotions on the list do you rarely experience or often aren't aware that you are experiencing?

Exercise: Manage Your Difficult Emotions

1. Distance Yourself From Your Emotions

By distancing yourself from your emotions, you recognize that emotions are meant to be fleeting and temporary.

Start Using “I Am Feeling” Statements Instead of “I Am” Statements

Refer To Yourself In The Second Person Or Even The Third Person

Another language shift that can help you distance yourself from your emotions is to refer to yourself in the second person (“You are feeling anxious right now”) or even the third person (“[my name] is feeling anxious right now”).

2. Identify the cause behind your emotions

- What event triggered the emotion (be specific)?

- Can I solve or lessen the problem? Is there any action to take?

- If there is nothing I can do but the problem is time-limited, how can I comfort or distract myself?

EMOTIONAL RECORD

The emotion (How am I feeling right now?)	What event triggered the emotion?	What action can I take to lessen or solve the problem?	If there is nothing I can do but the problem is time- limited, how can I comfort or distract myself?