

## 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?

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

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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?

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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)?

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## 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?

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

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

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# 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*

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*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”).

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## 2. Identify the cause behind your emotions

- What event triggered the emotion (be specific)?

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

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

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## EMOTIONAL RECORD

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