EMOTION REGULATION HANDOUT 4A

(Emotion Regulation Worksheet 3)

Myths about Emotions

1.	There is a right way to feel in every situation. Challenge:
2.	Letting others know that I am feeling bad is a weakness. Challenge:
3.	Negative feelings are bad and destructive.
4.	Challenge: Being emotional means being out of control.
5	Challenge: Some emotions are stupid.
	Challenge:
6.	All painful emotions are a result of a bad attitude. Challenge:
7.	If others don't approve of my feelings, I obviously shouldn't feel the way I do. Challenge:
8.	Other people are the best judges of how I am feeling. Challenge:
9.	Painful emotions are not important and should be ignored. Challenge:
10.	Extreme emotions get you a lot further than trying to regulate your emotions. Challenge:
11.	Creativity requires intense, often out-of-control emotions. Challenge:
12.	Drama is cool.
	Challenge:
13.	It is inauthentic to try to change my emotions. Challenge:
14.	Emotional truth is what counts, not factual truth. <i>Challenge</i> :
15.	People should do whatever they feel like doing. Challenge:
16.	Acting on your emotions is the mark of a truly free individual. Challenge:
17.	My emotions are who I am. Challenge:
18.	My emotions are why people love me.
19.	Challenge: Emotions can just happen for no reason.
	Challenge:
20.	Emotions should always be trusted. Challenge:
21.	Other myth:
	Challenge:

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