

# 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.  
*Challenge:* \_\_\_\_\_
4. Being emotional means being out of control.  
*Challenge:* \_\_\_\_\_
5. 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.  
*Challenge:* \_\_\_\_\_
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.  
*Challenge:* \_\_\_\_\_
19. Emotions can just happen for no reason.  
*Challenge:* \_\_\_\_\_
20. Emotions should always be trusted.  
*Challenge:* \_\_\_\_\_
21. Other myth: \_\_\_\_\_  
*Challenge:* \_\_\_\_\_