

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: _____