

Challenging Emotional Myths

Emotional myths can get in the way of helpful thinking and may cause us to hold irrational beliefs.

Read through each of the following ten statements. Why might each one be wrong?

Write a challenge to each statement in the box below:

- 1. There is only one way to feel in any given situation.**

Challenge:

- 2. Letting others know how I feel will show my weaknesses.**

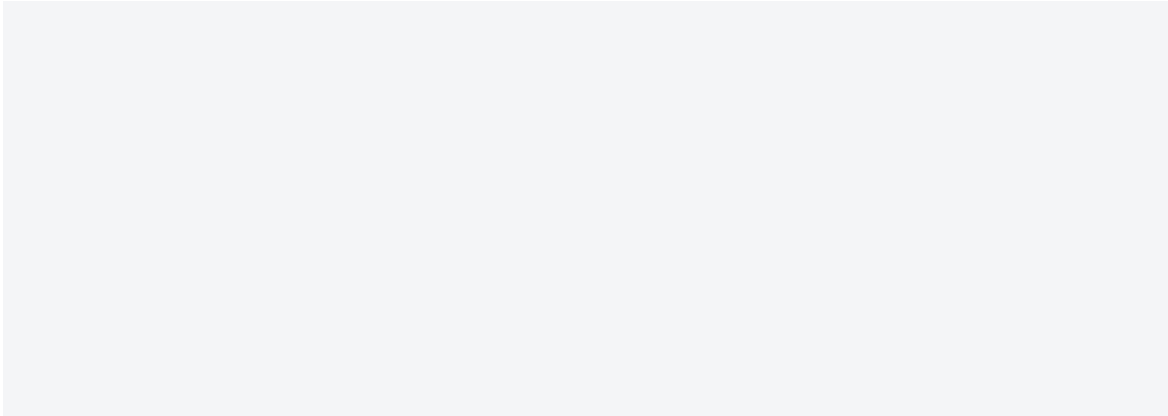
Challenge:

- 3. Painful emotions are just the result of having the wrong attitude.**

Challenge:

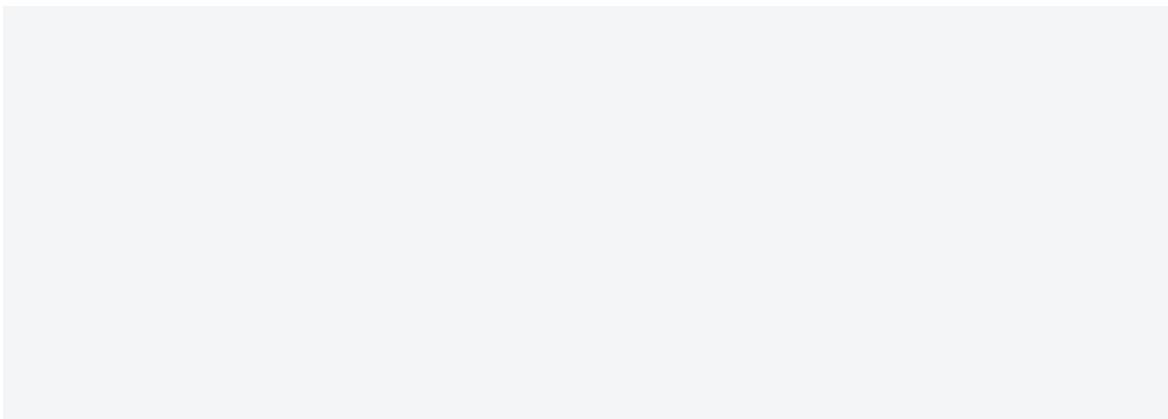
4. Painful emotions are not helpful and should be ignored.

Challenge:



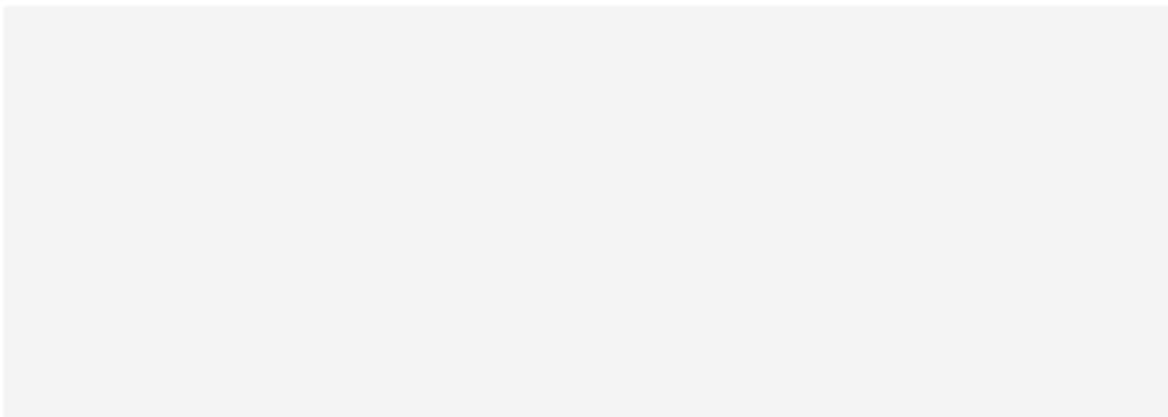
5. Extreme emotions get you much further in life than trying to regulate them.

Challenge:



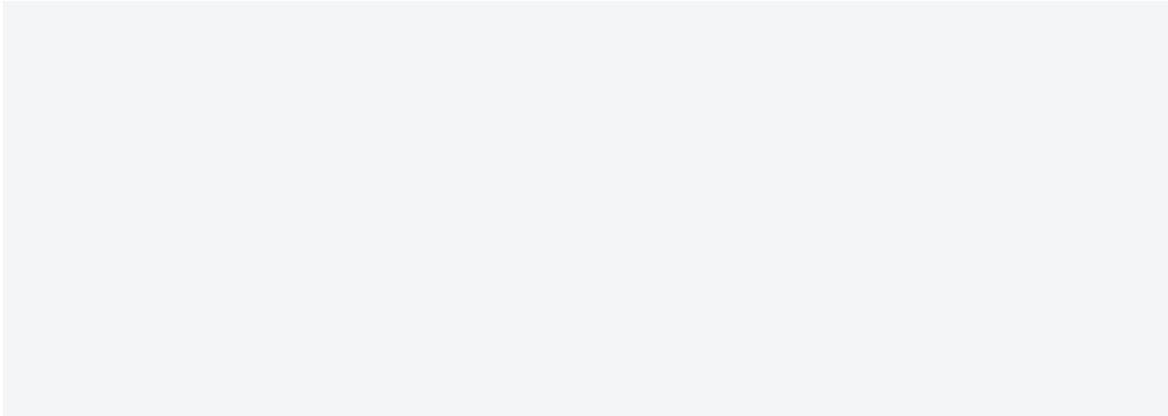
6. Emotions should always be trusted and used to guide our decisions.

Challenge:



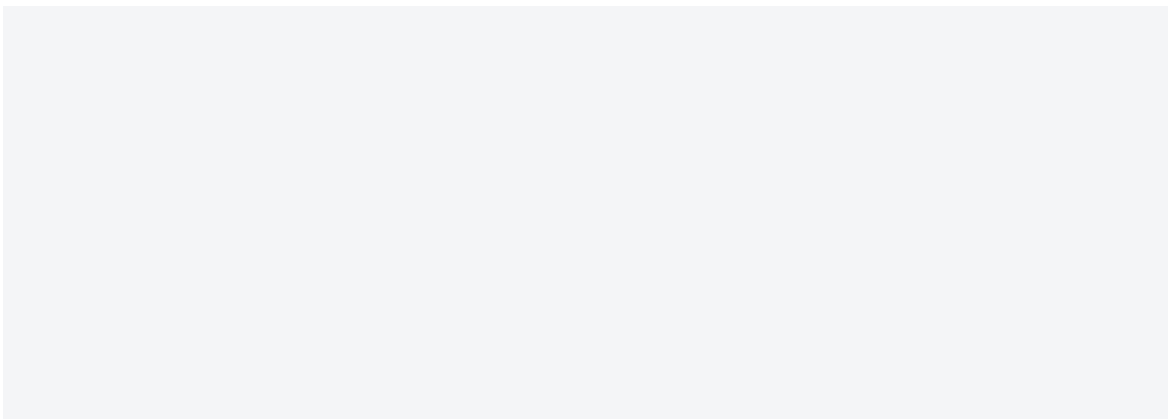
7. Acting on your emotions is the mark of a truly free person.

Challenge:



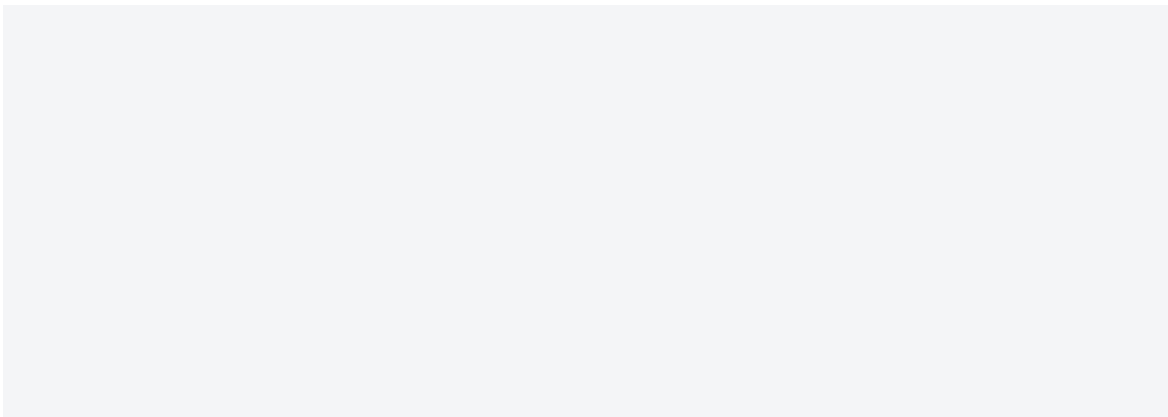
8. How I feel is who I am.

Challenge:



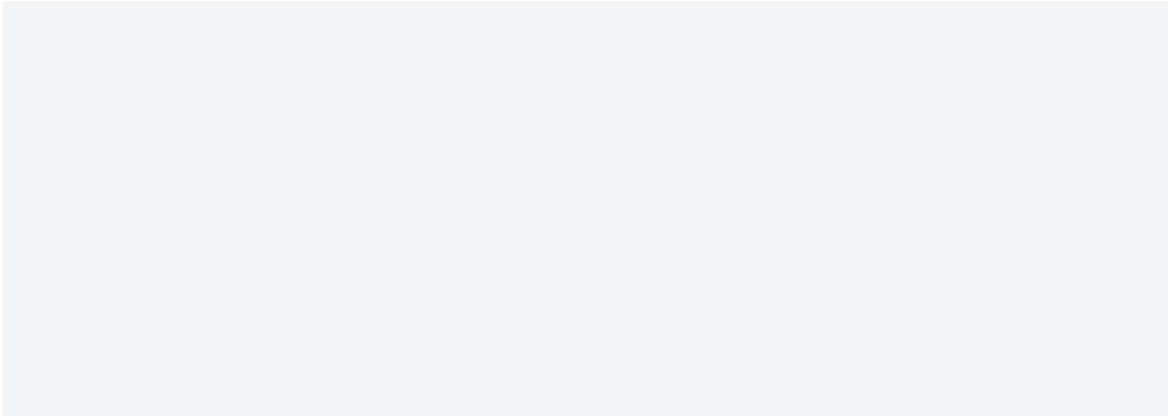
9. My emotions are why people love me.

Challenge:



10. Being creative requires intense, out-of-control emotions.

Challenge:



Once completed, it will be helpful to talk each challenge through with your therapist to help you understand that all emotions can be valuable – helping us in different ways and times.

Dr. Jeremy Sutton