

# False beliefs activity

1. Choose one difficult emotion. Perhaps choose an emotional state with which you are struggling now; for instance, you might be feeling anxious about an upcoming event or regretful about a recent transgression. Write down the emotion you have chosen in the center of the figure of a person drawn on the second page.
2. Read through the list of common false beliefs about emotions below and see which resonates most with you. Place a checkmark next to those statements that are true for you. Pay particular attention to those that sound familiar, as these may be thoughts that exist outside your awareness. Please add any personal beliefs that are not listed at the end. Then, write down your core beliefs about emotions in the thought bubbles on the second page

*If I lose control of my emotions in front of others, they will think less of me.*

*I should be able to control my emotions.*

*If I let myself feel this emotion, I will become overwhelmed by it.*

*If I tell others how I feel, they will use it against me.*

*If I tell others how I feel, they will think I am weak.*

*Other people don't feel this way. There must be something wrong with me.*

*Only an immature person would get so emotional.*

*I should be able to cope with difficulties on my own without turning to others for support.*

*To be acceptable to others, I must keep any difficulties or negative feelings to myself.*

*This emotional state is not a normal response; I must get rid of it.*

*A happy person would not feel this way.*

*That person responded differently than I did; therefore, my emotional reaction is wrong.*

*If I let myself feel this pain, it will kill me.*

*Letting myself feel bad would mean falling to pieces, being a total mess, or wallowing in self-pity.*

*If I show signs of weakness, then others will reject me.*

*Being an adult means not getting carried away by emotion; I'm supposed to be rational!*

*Showing my emotions to others makes me look like a "drama queen."*

*I'm stupid for feeling this way. I should just suck it up!*

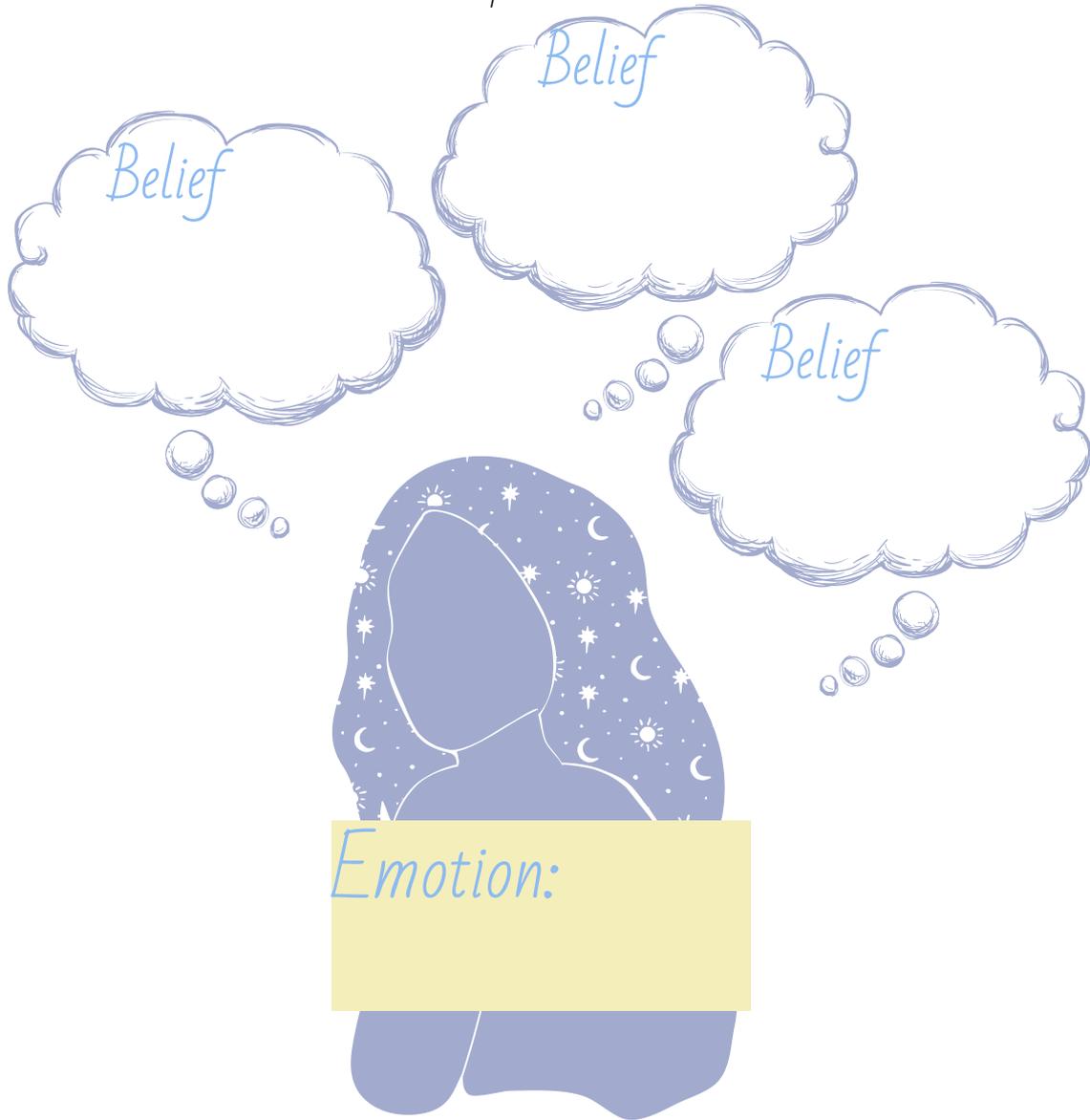
*I should not let myself give in to these feelings.*

*Other:*

*Other:*

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3. What effect do these beliefs have on how you feel, behave, and talk to yourself when faced with this emotion? Write down as many outcomes (positive and negative) as you can think of in the Consequences section below.



Emotion:

Consequences:

# False beliefs activity reflection

*What was it like for you to do this exercise?*

*Looking at the consequences part of the exercise, how adaptive is it for you to hold such beliefs about your emotions?*

*What was easy or difficult about the exercise?*

*What insights have you gained about your beliefs about emotions?*