



# Let's talk about emotions! Why? Because we do that A LOT in therapy so get comfortable!

**Emotions** 

### **Feelings**

### Moods

#### What is Emotion?

Immediate physiological response to perceived stimulus. Chemicals released throughout our body that last about six seconds.

# Why do we have Emotions?

Emotions continuously regulate every living cell to adapt to emerging threats and opportunities. They provide raw data about the world around us that is essential to our functioning.

#### What is Feeling?

The physical & mental sensations that arise as we internalize emotions.

Feelings are cognitively saturated emotion chemicals.

# Why do we have Feelings?

Feelings are how we begin to make meaning of emotion; they cause us to pay attention and react to the perceived threats or opportunities. We're acting on emotional data.

#### What is Mood?

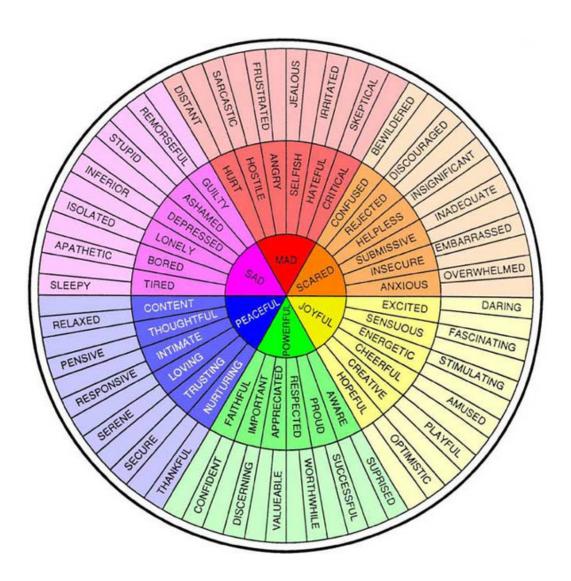
Mood is a mix of feelings and emotions as we go through our days; a mood is a semi-persistent mental + physical + emotional state.

#### Why do we have Moods?

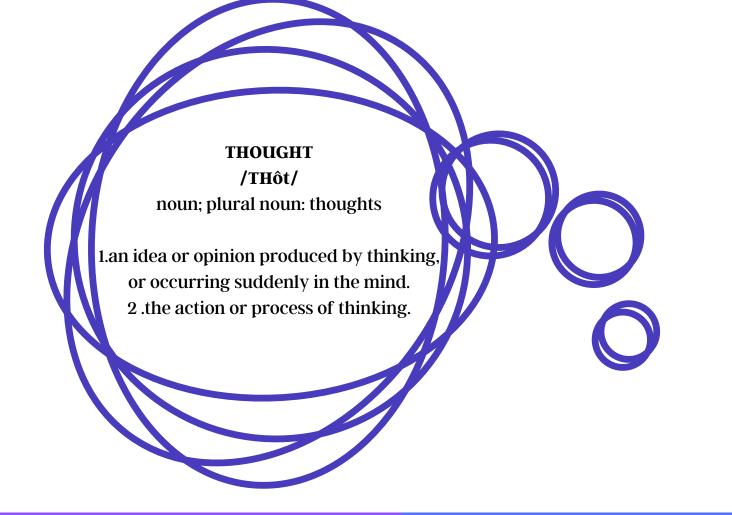
Often the threats & opportunities that emotions and feelings signal are not just one-off; by having a lasting mood, we stay attuned to handle what's next.

# Feelings Wheel

A guide to identifying emotions.



Notice Emotions. Name Emotions. Narrate Emotions.



Adaptive Thinking

or

Healthy Thinking

or

Cognitive Restructuring



Cognitive Distortions

or

Thinking Issues

or

Thinking Errors

#### ALL-OR-NOTHING THINKING

Seeing things in 'black-or-white' categories. If something isn't perfect, you see it as all negative.

#### **OVERGENERALIZATION**

Taking a single negative event and thinking things will never be different for you. You use words such as "always" or "never" when you think about it.

#### **MENTAL FILTER**

Taking a single negative detail about an event and not being able to see any positive things about it anymore.

#### DISCOUNTING THE POSITIVE

Ignoring positive things by saying that they "don't count." For example, if you do a great job, you may tell yourself that it wasn't good enough or that anyone could have done it as well as you.

#### **JUMPING TO CONCLUSIONS**

Thinking you know how things are or will be even when there are no facts to support your ideas. Such as:

- **Mind Reading** Thinking someone else believes negative things about you when you do not really know the truth.
- Fortune telling Thinking that things will turn out badly no matter what. You may tell yourself, "I'll never get better" even if you do not know if it is true.

#### **MAGNIFICATION**

Overestimating the importance of your problems and what isn't working and not noticing your good qualities.

#### **EMOTIONAL REASONING**

You think that your feelings are reality. For example, "I feel angry, so that means I'm being treated poorly."

#### "SHOULD" STATEMENTS

Telling yourself that things must be the way you hoped or thought they would be. Should statements can lead to feelings of guilt and shame if you make them about you. Should statements can lead to feelings of anger if you make them about others.

#### **LABELING**

This is like all or nothing thinking when it is directed at yourself. Instead of saying "I made a mistake" you attach a label to yourself such as "I'm a loser."

#### PERSONALIZATION AND BLAME

Blaming yourself for an event that isn't under your control. Blaming can lead to feelings of guilt, shame, and anger.



COGNITIVE DISTORTIONS
LEAD TO
POOR JUDGEMENT.

#### **Cost and Benefit Analysis**

List all of the good things and all of the bad things about believing the thought and see if it's worth it.

#### **Define Terms**

When I call myself lazy, what does that mean?

#### **Experiment**

Try the behavior in a safe setting and see if the negative thought holds true.

#### **Re-attribution**

Think about factors that were out of your control related to the problem you are having a bad thought about. Focus on solving the problem instead of feeling guilty.

#### Straightforward Approach

Replace the thought with a more positive one.

#### Be Specific

Stick with the facts and avoid judgments.

#### **Double-Standard**

What would you say to a friend who expressed the same thought?

#### **Shades of Gray**

How valid is the bad thought? Is it all or none? How about on a scale from 0-10?

#### Survey

Ask other people if they think that the negative thought holds true.

#### Check the facts

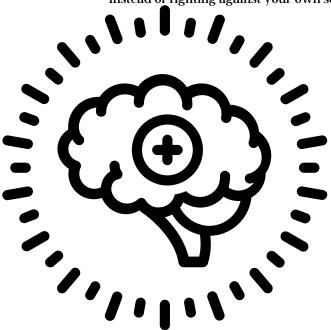
Check the facts – both for and against the negative thought.

#### **Check Your Values**

Ask yourself why it would be upsetting if your negative thought were true.

#### **Acceptance Approach**

Instead of fighting against your own self-judgments, find the truth in them and accept them.



ADAPTIVE THINKING STRATEGIES
LEAD TO
GOOD JUDGEMENT.

# **Behavioral Activation**

Behaviors influence emotions.
Change emotions by changing behaviors.
Being active has a postive impact on mood.







1 minute mood fixes	5 minute mood fixes	10 minute mood fixes
Smile	Practice Mindfulness	Rearrange Furniture/Change Environment
Jump Around	Think about things you're thankful	Vent to a Friend
Sniff Certain Scents	Snuggle with something soft	Have Sex/Masturbate
Chew Gum	Perform an Act of Kindness	Celebrate Good Times
Look af Flowers	Sit in a Quiet Space	Get Some Sun
Eat Chocolate	Listen to a Happy Song	Yoga
Visualize Your Best Self	Cuddle/Hug Someone *Use Physical Touch	Eat for a Positive Mood
Expose Self to the Color Green	Spend time with a pet	Declutter
Light a Candle	Laugh	
	Do Something New	

# **Goal Setting**

Goals require details and deliberation, anything else is just a dream.

SPECIFIC	
Who needs to be involved to achieve the goal?	
☐ What are you trying to accomplish?	
What is the reason for the goal?	
☐ What are obstacles to completing the goal?	
What are requirements for completing the goal?	
☐ MEASURABLE	
How will you measure the progress?	
How will you know when the goal is achieved?	
ACHIEVABLE	
How will you accomplish the goal?	
What tools/skills will you need to make progress?	
REALISTIC	
Is this something you can achieve?	
What are the barriers to achieving the goal?	
☐ TIME CONSTRAINT	
How often do you check in to determine progress?	
How long should it take you to complete the goal?	

#### **SMART GOAL EXAMPLE:**

I will be in bed without any devices by 9pm Sunday through Thursday to allow for a restful night's sleep.



# Mindfulness

is paying attention on purpose in the present moment. Mindfulness provides relief and awareness when practiced. It provides relief from the "elevator music" of thoughts we sometimes play on repeat. These thoughts can cause negative emotions and impact our mood, outlook and judgement. It provides awareness because paying attention in the moments helps yo better understand what's occurring. We can make better decisions when we understand what is occurring.

#### 3 Minute Mindfulness Exercise

- Sit or lie in a position that is comfortable for you.
- Close your eyes, if you are comfortable.
- Focus on your breathing.
- If your mind wanders, bring it back to your breathing.
- Maintain this mindfulness for three minutes.

# DO THE BASICS

Directions: Practice the basics.



# Are you ready for change?

# THE STAGES OF BEHAVIOR CHANGE



### MAINTENANCE

works to sustain the behavior change

## ACTION

practices the desired behavior

## PREPARATION

intends to take action

### CONTEMPLATION

aware of the problem and of the desired behavior change

## PRE-CONTEMPLATION

unaware of the problem

# Having thoughts of harming yourself?





Notes

#END
THE STIGMA

Happiness



You are when when the