

# EMOTION REGULATION WORKSHEET 3 (p. 1 of 2)

(Emotion Regulation Handout 4a)

## Myths about Emotions

Due Date: \_\_\_\_\_ Name: \_\_\_\_\_ Week Starting: \_\_\_\_\_

For each myth, write down a challenge that makes sense to you. Although the one already written may make a lot of sense, try to come up with another one or rewrite the one there in your own words.

1. There is a right way to feel in every situation.

*Challenge: Every person responds differently to a situation. There is no correct or right way.*

*My challenge:* \_\_\_\_\_

2. Letting others know that I am feeling bad is a weakness.

*Challenge: Letting others know that I am feeling bad is a healthy form of communication.*

*My challenge:* \_\_\_\_\_

3. Negative feelings are bad and destructive.

*Challenge: Negative feelings are natural responses. They help me to create a better understanding of the situation.*

*My challenge:* \_\_\_\_\_

4. Being emotional means being out of control.

*Challenge: Being emotional means being a normal human being.*

*My challenge:* \_\_\_\_\_

5. Some emotions are stupid.

*Challenge: Every emotion indicates how I am feeling in a certain situation. All emotions are useful to help me understand what I am experiencing.*

*My challenge:* \_\_\_\_\_

6. All painful emotions are a result of a bad attitude.

*Challenge: All painful emotions are natural responses to something.*

*My challenge:* \_\_\_\_\_

7. If others don't approve of my feelings, I obviously shouldn't feel the way I do.

*Challenge: I have every right to feel the way I do, regardless of what other people think.*

*My challenge:* \_\_\_\_\_

8. Other people are the best judges of how I am feeling.

*Challenge: I am the best judge of how I feel. Other people can only guess how I feel.*

*My challenge:* \_\_\_\_\_

9. Painful emotions are not important and should be ignored.

*Challenge: Painful emotions can be warning signs telling me that a situation I am in is not good.*

*My challenge:* \_\_\_\_\_

10. Extreme emotions get you a lot further than trying to regulate your emotions.

*Challenge: Extreme emotions can often cause trouble for me and for other people. If an emotion is not effective, emotion regulation is a good idea.*

*My challenge:* \_\_\_\_\_

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- 11.** Creativity requires intense, often out-of-control emotions.  
*Challenge: I can be in control of my emotions and be creative.*  
My challenge: \_\_\_\_\_
- 12.** Drama is cool.  
*Challenge: I can be dramatic and regulate my emotions.*  
My challenge: \_\_\_\_\_
- 13.** It is inauthentic to try to change my emotions.  
*Challenge: Change is itself authentic; it is part of life.*  
My challenge: \_\_\_\_\_
- 14.** Emotional truth is what counts, not factual truth.  
*Challenge: Both emotional feeling and facts matter.*  
My challenge: \_\_\_\_\_
- 15.** People should do whatever they feel like doing.  
*Challenge: Doing what I feel like doing can be ineffective.*  
My challenge: \_\_\_\_\_
- 16.** Acting on your emotions is the mark of a truly free individual.  
*Challenge: The truly free person can regulate emotions.*  
My challenge: \_\_\_\_\_
- 17.** My emotions are who I am.  
*Challenge: Emotions are partly but not completely who I am.*  
My challenge: \_\_\_\_\_
- 18.** My emotions are why people love me.  
*Challenge: People will still love me if I regulate my emotions.*  
My challenge: \_\_\_\_\_
- 19.** Emotions can just happen for no reason.  
*Challenge: All things in the universe are caused.*  
My challenge: \_\_\_\_\_
- 20.** Emotions should always be trusted.  
*Challenge: Emotions should sometimes be trusted.*  
My challenge: \_\_\_\_\_
- 21.** Other myth: \_\_\_\_\_  
*Challenge:*  
My challenge: \_\_\_\_\_