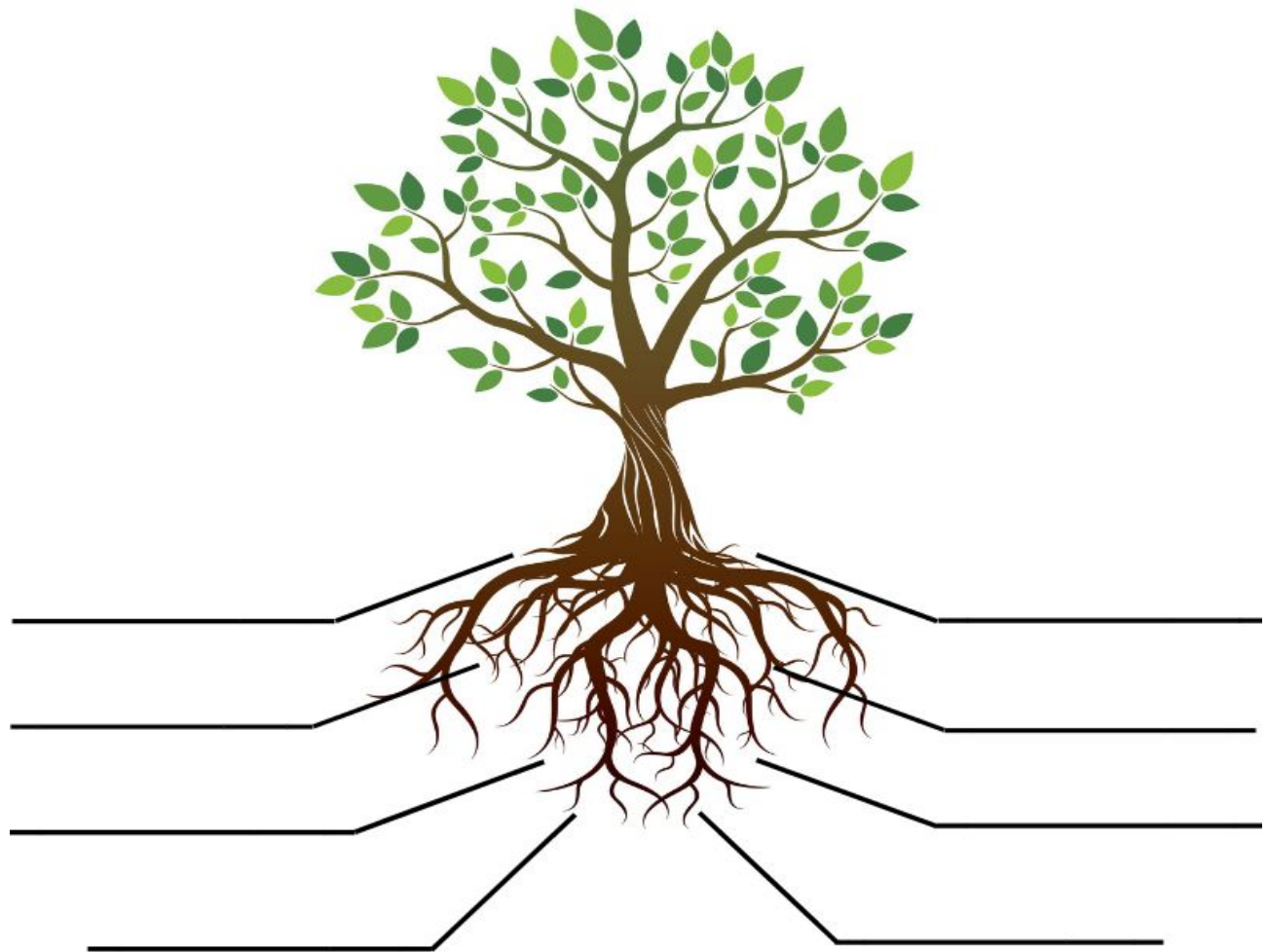


Trapped Inside With All of Your Emotions

Part 1: Identifying Underlying Emotions

The trunk and branches of the tree are how we behave and what is visible to others. Often, there are underlying emotions that lead us to react the ways we do.

Think about a situation where you have felt upset or angry recently, and practice identifying what other emotions were present underneath. Here are a few ideas to get you started: fear, embarrassment, shame, vulnerability, disappointment, hurt....



Consider:

- I may have felt angry because I was afraid/concerned that....
- I may have felt angry because I felt hurt that....

Part 2: Thoughts that Increase Intense Emotions

There are a number of types of thinking which tend to throw fuel on the fire of intense emotions. These include:

Shoulds and oughts	<i>They should know me well enough to not say that.</i>
Catastrophizing	<i>This is terrible! My life is over!</i>
Inflammatory labels	<i>That person's a jerk!</i>
Overgeneralizing	<i>You never listen to me.</i>
Jumping to conclusions	<i>They think I'm incompetent. They're out to get me.</i>

Use the worksheet below to write down ways that you have experienced each of these thinking patterns. Then, reframe the thought into a more compassionate one.

Shoulds/Oughts

Original thought: _____

Reframe: _____

Catastrophizing

Original thought: _____

Reframe: _____

Inflammatory labels

Original thought: _____

Reframe: _____

Overgeneralizing

Original thought: _____

Reframe: _____

Jumping to conclusions

Original thought: _____

Reframe: _____