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FORM 4.1

Emotion Myths

Directions: Some common myths about emotions are listed below. For each myth, formulate a challenge by stating why the myth is untrue.

1. There is a right way to feel in every situation.
   CHALLENGE: _____
2. Letting others know that I am feeling bad is a weakness.
   CHALLENGE: _____
3. Negative feelings are bad and destructive.
   CHALLENGE: _____
4. Being emotional means being out of control.
   CHALLENGE: _____
5. Emotions can just happen for no reason.
   CHALLENGE: _____
6. Some emotions are really stupid.
   CHALLENGE: _____
7. All painful emotions are a result of a bad attitude.
   CHALLENGE: _____
8. If others don't approve of my feelings, I obviously shouldn't feel the way I do.
   CHALLENGE: _____
9. Other people are the best judge of how I am feeling.
   CHALLENGE: _____
10. Painful emotions are not really important and should be ignored.
    CHALLENGE: _____

(cont.)

Please add your own beliefs or myths about emotion and challenge them here.

11. _____

    CHALLENGE: _____

12. _____

    CHALLENGE: _____

13. _____

    CHALLENGE: _____

14. _____

    CHALLENGE: _____

15. _____

    CHALLENGE: _____

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