




EMOTIONS AND THEIR ASSOCIATED THOUGHTS, BODY REACTIONS AND RESULTING BEHAVIOURS

Emotion	Thoughts	Physical Reaction	Behaviours
 <p>Angry frustrated, irritated, impatient, resentful, enraged, peeved off, fury, insulted</p>	<p>Assume the worst... Problem is enormous... Others are unfair...</p> <ul style="list-style-type: none"> • I've been disrespected, treated unfairly, used ☹️ I've been let down ☹️ It's not fair! • I won't stand for it 	<p>Urge to attack...</p> <p>Adrenaline response...</p> <ul style="list-style-type: none"> • Tense • Fired up • Energised, breathing and heart rate increase • Difficulty concentrating 	<ul style="list-style-type: none"> • Fight • Confront • Argue • Make lots of noise! • Sulk • Snap, swear, shout • Sarcastic, patronise • Put downs
 <p>Anxious nervous, on edge, apprehensive, scared, frightened, panicky, terrified, petrified</p>	<p>Threat... Overestimate danger... Underestimate ability to cope...</p> <ul style="list-style-type: none"> • I'm in great danger right now • The worst possible thing is going to happen • I won't be able to cope with it 	<p>Urge to escape or avoid...</p> <p>Adrenaline response...</p> <ul style="list-style-type: none"> • Tense, shaky, sweaty, hot, • Energised, breathing and heart rate increase • Difficulty concentrating 	<ul style="list-style-type: none"> • Avoid people or places (in order to avoid feeling anxious) • Fidget • Escape / run away • Coping or safety behaviours
 <p>Depressed sad, down, despairing, hopeless, gloomy, miserable, sorrowful, unhappy, dismayed</p>	<p>Negative focus. Themes of loss, hopelessness, negative view of self...</p> <ul style="list-style-type: none"> • I'm worthless • Nothing's going to change • I've lost.... 	<p>Urge to withdraw...</p> <p>Slowed down or agitated...</p> <ul style="list-style-type: none"> • Tired, lethargic • Constipated • Memory & concentration problems • Appetite & sleep changes • Loss of interest: hobbies, sex • Restlessness 	<ul style="list-style-type: none"> • Do less • Talk less • Eat less or more • Sleep less or more • Isolate and withdraw • Ruminates on negative thoughts



RECOGNISING YOUR EMOTIONS

Below is an example of recognising emotions. There is a blank worksheet for you to fill in your own example. It may be helpful to use the worksheet to examine an emotional incident that has happened recently or perhaps one that has happened a while ago. If you get stuck identifying your emotions, you can use the emotion wheel at the end of this worksheet.

Questions	Your Responses
When did the situation happen?	Yesterday
What happened? (Describe the event)	I came home and my partner was lying on the couch, no housework done, and dinner not prepared. I yelled at him and called him "worthless." But he just sat there, without saying anything. So, I went to my bed and slept.
Why do you think that situation happened? (Identify the causes)	My boyfriend is lazy who hates me and regrets meeting me. I also think he's given up on his own life and just does things like this to hurt me on purpose.
How did that situation make you feel, both emotionally and physically? (Try to identify both the primary and the secondary emotions) You can use the emotion wheel at the end of this worksheet.	Primary emotions: Anger Secondary emotions: Hopelessness and shame Physical sensations: Face and arms became tense, sick to my stomach.
What did you want to do as a result of how you felt? (What were your urges?)	I wanted to hit my boyfriend, and I had thoughts "what is the point".
What did you do and say? (What actions or behaviours did you engage in as a result of how you felt?)	I went to bed and started crying because I was so angry. I yelled at him and called him "worthless."
How did your emotions and actions affect you later? (What short-term or long-term consequences were there as a result of your actions?)	I was so angry when I went to bed that I forgot to set my alarm. So, I woke up late for work. When I got in, my boss yelled at me again. He said that if I'm late one more time, he'll have to fire me.

RECOGNISING YOUR EMOTIONS

Emotion Wheel

There are many different types of emotions that have an influence on how we live and interact with others. At times, it may seem like we are ruled by these emotions. The choices we make, the actions we take, and the perceptions we have are all influenced by the emotions we are experiencing at any given moment. People use many different words to describe the emotions that they feel. Use this emotion wheel and worksheet on the following page to try and identify your emotions. If we can recognise our emotions then we can figure out a solution when they become overwhelming.

