

No Hard Feelings – Feel It, Face It, Thrive!

SESSION 2 WORKBOOK



Welcome back to session 2 where we will begin to

UNDERSTAND EMOTIONS

Recap: So last session we covered:

- ✓ Setting goals and how to make them concrete and specific.
- ✓ The pros and cons of changing and how we can stay motivated when things get tough.

How did you get on with the home tasks we set?

Do you remember our discussion around building a new house?

GOALS FOR TODAY

Today we are going to look at the first floor and with that we are going to focus on Understanding Emotions.

- ✓ To learn how emotions are necessary and helpful.
- ✓ To break emotions down into more manageable parts.

Let's gain a better understanding of emotions. We will learn the important ways that emotions can be helpful for our day to day lives and identify why we actually wouldn't want to get rid of all bad feelings.

We will also begin to break down emotions into more manageable parts so that they feel less overwhelming.



Sometimes our emotions are so overwhelming that they interfere with our ability to live the life we want to lead.

We may also view our emotions negatively (“this is so uncomfortable” and “it’s bad to feel this way”) and as a result we try to avoid them.

Common emotions that people try to avoid include

- Anxiety - Sadness
- Fear - Guilt
- Anger - Happiness

What emotions are you trying to avoid? List them now . . .

EMOTIONAL ACCEPTANCE

Unfortunately pushing away emotions doesn’t work very well – the more energy we spend trying to suppress or avoid emotions, the less you can focus on important things in your life and the less you can move forward.



THE GOAL OF THIS TREATMENT

The goal of these modules is to help you to respond in a different way when emotions come up.

We will teach you to listen to your emotions because their purpose is to communicate important information about the world around you.

We will help you to understand how your emotions can go from providing this useful input to feeling totally overwhelming.

We will do this by breaking emotions down into more manageable parts – thoughts, physical sensations and behaviours, and we will then zero in on those parts and provide you with specific ways to make changes to your emotional response.

WHY DO WE HAVE EMOTIONS?

Imagine what it would be like if we had no emotions?

How would we know if our lives were suddenly in danger without a sense of fear?

How would we know to stand up for ourselves without a sense of danger?

Even though these emotions feel “bad” or “dangerous” they actually tell us important information about our situation and they motivate us to take action to stay safe or help us move forward with our goals.

Let's look at fear. . .



Fear is nature's alarm system.

It lets us know we may be in danger and that we need to take steps to protect ourselves. It has a role in keeping us safe.

Now let's look at sadness . . .



Sadness is the emotion that naturally occurs after a loss or setback related to something or someone that is important to us, such as a death or a loved one, a break – up or losing a job we enjoyed. It signals to others that we need comfort and support and helps take a step back to process things.

And a look at anxiety . . .



Anxiety is the emotion that helps us prepare for the future.

It alerts us to important or potentially dangerous situations that might occur. Anxiety prompts us to focus our attention on whatever is causing the anxiety so that we can prevent or decrease a negative outcome (threat).

Anger . . .



Anger is the natural response we feel when we, or people we care about have been wronged in some way. Anger (like frustration) also occurs when we feel we are being blocked from achieving goals. Anger alerts us that our boundaries have been crossed and motivates us to do something about it.

Guilt / Shame . . .



Guilt and shame happen when we fall short of some standard.

Guilt is the response we feel when we go against society's expectations in some way e.g., forgetting to pay back borrowed money.

Guilt in this situation would likely prompt you to make amends by apologising and giving back the cash.

Shame occurs when we fail to achieve a personal standard and feel less in value e.g., if you couldn't afford to pay the money back.

Shame, similar to sadness, prompts withdrawal from others.

Now let's think about positive emotions . . .



Positive emotions like happiness, excitement and pride also communicate important information. They help us to identify what we value in life and how we want to be spending our time. Without them we wouldn't know what direction to take our lives in.

Why might we avoid positive emotions? Make a note.

IN SUMMARY

Emotions serve a necessary role in all of our lives.

- ✓ They communicate very important information to us about the world around us and motivate us to act.
- ✓ Without them we would be unable to manoeuvre successfully through life.
- ✓ We evolved to have emotions as they are important to the survival of our species.
- ✓ They are hard wired into us – even if we wanted to we would be unable to push them away completely



So what happens?

How do our emotions go from something useful to something overwhelming?

The short answer is that it's in the way we respond to them.

Let's break down what happens when we feel a strong emotion:

An emotional experience might feel like a big “cloud” of intense feelings and it can make it difficult to identify what useful information your emotions are trying to tell you.

One way to make something feel less overwhelming is to break it down into its main parts.

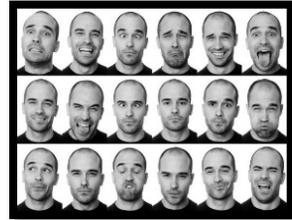
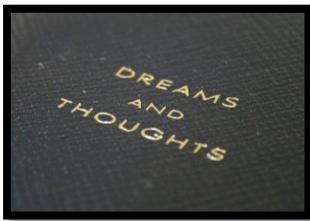
Every emotional experience can be broken down into 3 components:

- What we **think**
- How we feel **physically**
- What we do to cope (our **behaviour**)

THE COGNITIVE COMPONENT – WHAT WE THINK

Your thinking in any situation can really colour how you feel about it.

- How would you feel if you thought you were about to lose your job, or that your relationship was going to end?
- What thoughts might go through your mind?
- The relationship between thoughts and emotions goes the other way too.



Let's make a note:

What were some of the thoughts that went through your mind the last time you felt anxious? 😞



Thoughts when angry . . .



Thoughts when sad . . .

At the end of the workbook is a worksheet so that we can begin to record our thoughts and emotions and make links. There is also a downloadable one on the Wellbeing Website. This helps you keep track of where you were, how you felt and what thoughts went through your mind.

It looks like this:



DIARY THOUGHT RECORD W/C:

1. Situation <small>Brief description of what was happening, what you were doing at the time?</small>	2. Emotions <small>Describe each emotion in one word. Rate the intensity of the emotion from 0-100%</small>	3. Automatic thoughts <small>What was going through your mind? What does this say about you/ the world/others? What is the worst that could happen? Do you have any images? How much do you believe this thought from 0-100%?</small>

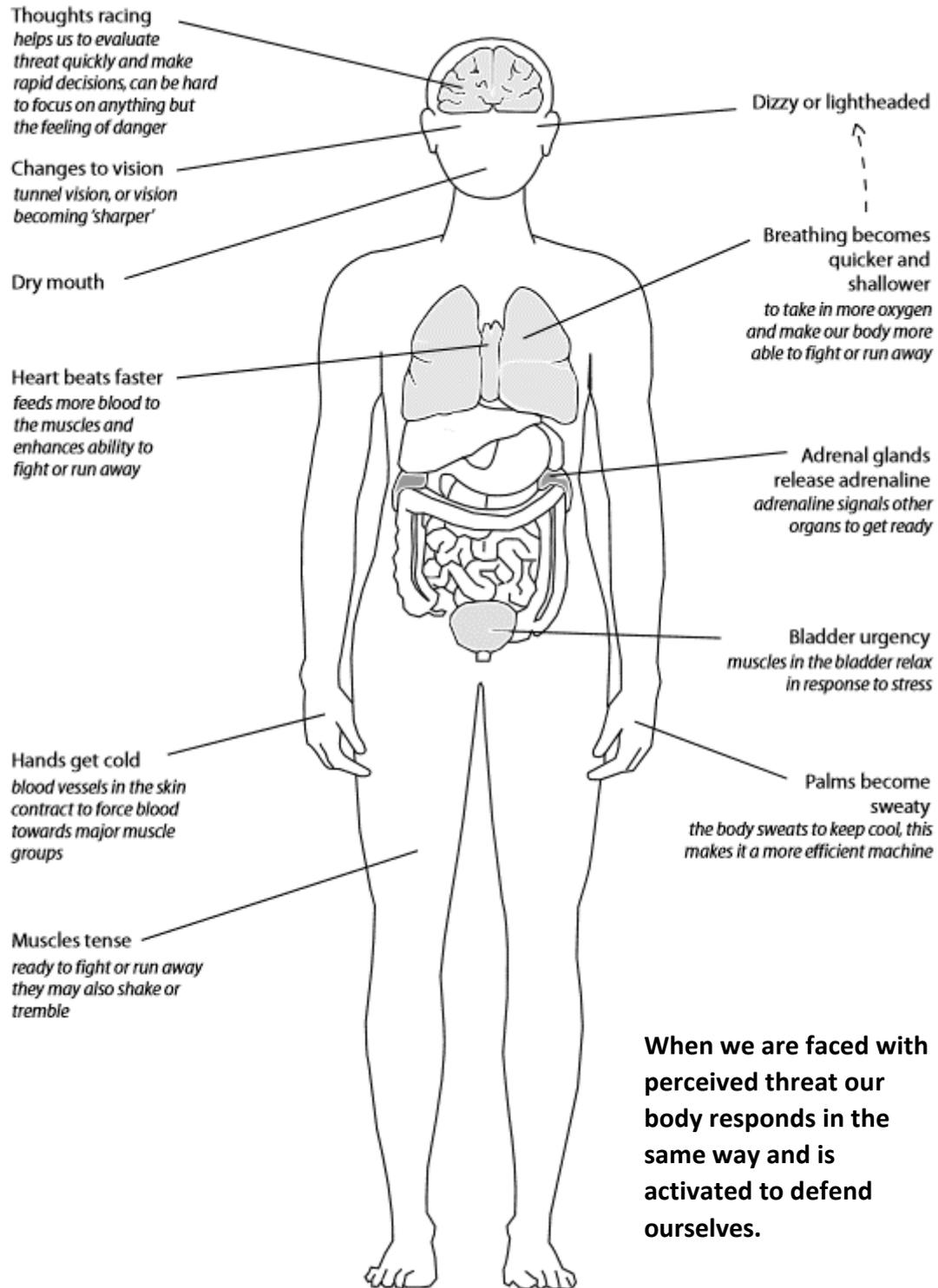
- Try to complete the diary when you notice a significant shift/change in your mood
- The aim is to better understand and identify your negative automatic thoughts (NAT's) and the links these have to your emotions

THE PHYSIOLOGICAL COMPONENT

Every emotion is associated with a bodily response and your body goes through physical changes every time you experience an emotion.



The 'fight or flight' response gets the body ready to fight or run away. Once a threat is detected your body responds automatically. All of the changes happen for good reasons, but may be experienced as uncomfortable when they happen in 'safe' situations.



How does your body feel when you are:

SAD	
LOW	
DEPRESSED	
HAPPY	
CALM	

THE BEHAVIOURAL COMPONENT

We all engage in both helpful and unhelpful behaviours when we feel a certain emotion.



Sleep / Isolate / Eat junk food / Drink Alcohol / Escape / Avoid



So write down what you do (or feel like doing) when you are:

SAD	
LOW	
DEPRESSED	
HAPPY	
CALM	

USING A HOT CROSS BUN

It's helpful to capture our experiences in what we call a hot cross bun formulation so that we can begin to make links to our thoughts, emotions, physical sensations and behaviours.

Let's try an example:

Peter is running to catch the bus. As he reaches the bus stop he first notices that his breathing is heavy, his heart rate has increased and he is feeling a bit dizzy.

Next he notices thoughts about the physical sensations "This is so uncomfortable! I'm going to have a panic attack if I get on this crowded bus".

These thoughts lead to even more intense physical sensations because when we tell ourselves something scary is going to happen (like having a panic attack), our bodies prepare for action.

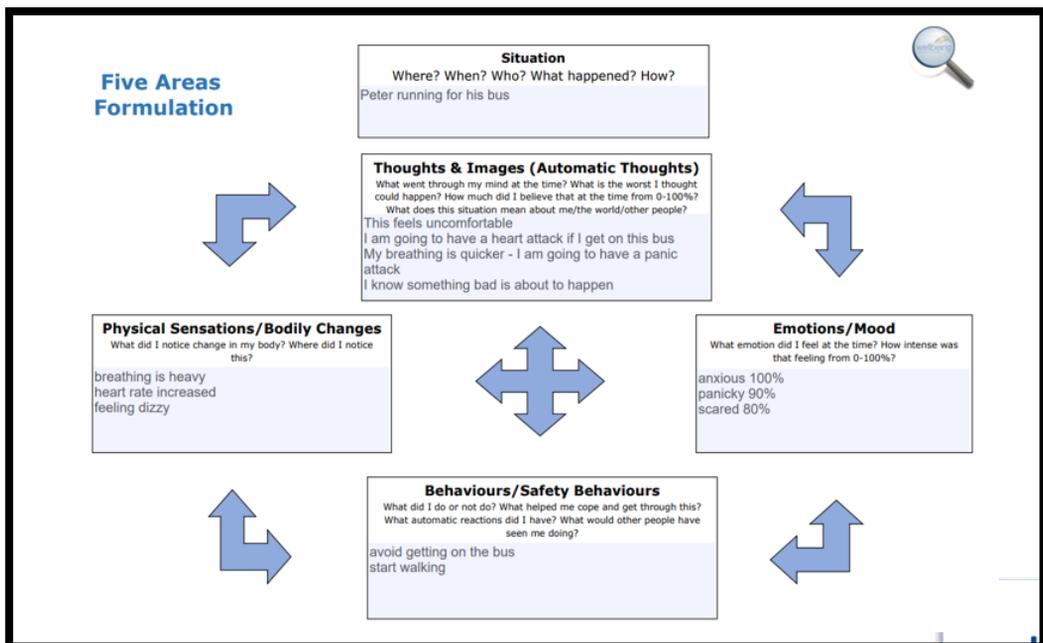


His increased anxiety leads to even more thoughts – “See I am going to have a panic attack”. So Peter then decides to walk to work instead of taking the bus.

His behaviour in this situation is to avoid the bus. Peter starts walking and then notices his heart rate and breathing are slowing down and his worry thoughts are fading. Now this has worked for him in the short term but what will happen the next time Peter decides to go by bus?



We start by identifying the situation and then record the thoughts we are having, our emotions/mood, where we feel it in our body and then what our behaviour would be. This lets us understand the vicious cycles we get caught up in – the more we feel a certain way both emotionally and physically, the more our thoughts will be flavoured by our emotions and our behaviours will be the result of this. The more we think and behave in a certain way the more we reinforce that everything we are doing is correct when, in fact, it is maintaining our distress.



There are hot cross buns (also known as 5 areas formulations) in the work book to use alongside the 3 column thought record. Please fill at least one out per week.



We are nearly at the end of today's session so let's just check in that you have grasped today's session.

1. The goal of this treatment is to eliminate uncomfortable emotions like fear, anxiety and sadness.
2. All emotions, even the ones we consider negative, serve an important role in our lives.
3. Anxiety is never helpful or useful.
4. Emotional experiences are made up of these parts: what you think, what you feel and what you do.

HOMEWORK FOR THE WEEK AHEAD IS:

- ✓ Read over the workbook and your notes.
- ✓ Complete the hot cross bun formulations for any intense emotions – at least one per day.
- ✓ Begin to notice your thoughts and write them down.



Thank you for attending week 2. Hopefully you now have a good understanding of what our emotions are and why we need them, as well as why problems sometimes develop. See you next week for week 3.

MY NOTES





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Five Areas Formulation

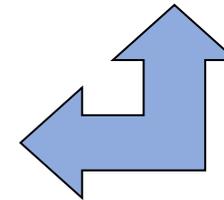
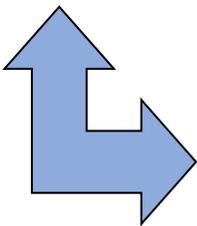
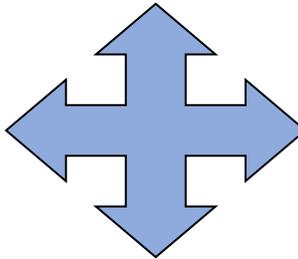
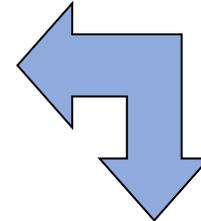
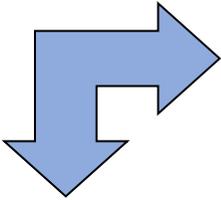
Situation
Where? When? Who? What happened? How?

Thoughts & Images (Automatic Thoughts)
What went through my mind at the time? What is the worst I thought could happen? How much did I believe that at the time from 0-100%?
What does this situation mean about me/the world/other people?

Emotions/Mood
What emotion did I feel at the time? How intense was that feeling from 0-100%?

Physical Sensations/Bodily Changes
What did I notice change in my body? Where did I notice this?

Behaviours/Safety Behaviours
What did I do or not do? What helped me cope and get through this?
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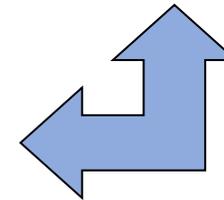
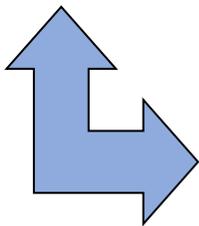
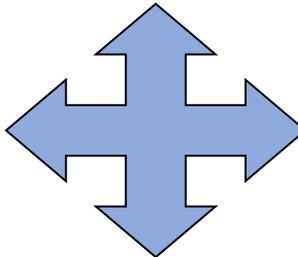
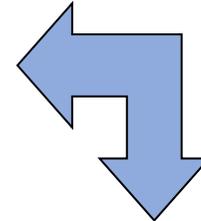
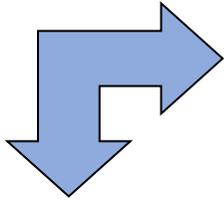
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