
DBT Skills (Emotions Part 1)

What do you believe about Emotions?

It is common for people to have beliefs about emotions that are not true. The way we think about emotions changes the way we experience and express them. Take a look at this list of misconceptions about emotions. Check the ones that fit you.

- Sometimes I have the wrong emotion.
- I must be weak if I feel sad or anxious.
- Some emotions are bad.
- If I feel my feelings, I'll act out of control.
- If I feel bad, it must mean something is wrong with me.
- If I'm the only one who has this emotion, I shouldn't be feeling how I feel.
- It is Ok to ignore painful and difficult emotions.
- Being emotional is the only way to get support from others.
- Other people know how I'm feeling better than I do.
- I am a bad person because I feel depressed (or worthless, guilty, anxious).
- I must be doing something wrong if I feel bad.
- I'm supposed to always feel happy.
- People won't like me if they know how I'm really feeling.
- I have to yell when I'm angry.
- I shouldn't feel emotions.
