

# humantold

## The Messages We Receive About Emotions

Once you're able to identify how you think and feel about your emotions, it can help to think about why. We often receive messages from our family, friends, and society about our feelings. For example your parents might tell you: "It's not nice to be angry"; your partner or friends might say, "Enough already, just get over it." Society provides stereotypical messages like boy's don't cry or girls cry too much. Sometimes these messages are subtle instead of outright said. Below is a list of emotions as you work on this activity.

- |                                     |                                    |                                      |
|-------------------------------------|------------------------------------|--------------------------------------|
| <input type="checkbox"/> Angry      | <input type="checkbox"/> Excited   | <input type="checkbox"/> Bitter      |
| <input type="checkbox"/> Anxious    | <input type="checkbox"/> Ecstatic  | <input type="checkbox"/> Sad         |
| <input type="checkbox"/> Relaxed    | <input type="checkbox"/> Nervous   | <input type="checkbox"/> Lonely      |
| <input type="checkbox"/> Annoyed    | <input type="checkbox"/> Afraid    | <input type="checkbox"/> Calm        |
| <input type="checkbox"/> Down       | <input type="checkbox"/> Hurt      | <input type="checkbox"/> Heartbroken |
| <input type="checkbox"/> Irritated  | <input type="checkbox"/> Furious   | <input type="checkbox"/> Blue        |
| <input type="checkbox"/> Depressed  | <input type="checkbox"/> Stressed  | <input type="checkbox"/> _____       |
| <input type="checkbox"/> Frustrated | <input type="checkbox"/> Worried   | <input type="checkbox"/> _____       |
| <input type="checkbox"/> Panicky    | <input type="checkbox"/> Unhappy   | <input type="checkbox"/> _____       |
| <input type="checkbox"/> Resentful  | <input type="checkbox"/> Overjoyed | <input type="checkbox"/> _____       |
| <input type="checkbox"/> Happy      | <input type="checkbox"/> Grieving  | <input type="checkbox"/> _____       |

For any emotions you tend to invalidate try filling in these blanks (first one is an example):

**Emotion:** *Anxiety*

**Message I've received about this emotion:** *I shouldn't feel this way; it's silly.*

**How these messages make me think and feel about having this emotion:** *I think it makes me weak and I feel ashamed about feeling anxious.*

**Emotion:**

**Message I've received about this emotion:**

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**How these messages make me think and feel about having this emotion:**

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**Emotion:**

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**Message I've received about this emotion:**

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**How these messages make me think and feel about having this emotion:**

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**Emotion:**

**Message I've received about this emotion:**

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**How these messages make me think and feel about having this emotion:**

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**Emotion:**

**Message I've received about this emotion:**

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**How these messages make me think and feel about having this emotion:**

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**Reflection:**

- Paying attention to what you think and how you feel, are you able to validate yourself in spite of these old messages? How can I work to better validate myself "It makes sense that I feel this way"

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Dijk, S. V. (2011). *Don't let your emotions run your life for teens dialectical behavior therapy skills for helping... you manage mood swings, control angry outbursts, a*. NEW HARBINGER PUB.