

EMOTIONAL MYTHS

Some feelings are good and some are bad.

Being "emotional" means being out of control, dramatic, or immature.

Showing emotion is a sign of weakness.

It's only ok to experience/talk about certain emotions.

It's best to keep certain emotions to myself so I don't burden others.

I can't help how I feel/I have no control over my emotions.

If I am not feeling happy/grateful, then something is wrong with me.

If I let myself feel a strong/painful emotion, it will just overwhelm me.

Emotions just get in the way of getting things done.

It doesn't matter how I feel; no one cares.

There's a right way to feel in most situations.

It's ok to feel a certain emotion only if there's a good reason for it.

It's pointless to talk about emotions.

Real men don't cry./Crying is for babies.

I shouldn't still feel upset about something that happened long ago.

If things are going well in my life, then I have no reason to feel upset.

If I let myself start crying, I'll never stop.

I can't trust my emotions.

If my emotions don't make sense to others, I shouldn't feel it.

Other people are better judges of what I am feeling.

It's my job to make others feel better/not make others upset.

My painful emotions are the result of my bad attitude/something I did.

Certain emotions are destructive and should never be expressed.

Feeling so up and down is not normal.

Emotions happen for no reason.