

Misconceptions about Emotions

1. There is a right way to feel in every situation.

Reality challenge:

2. Letting other know that I am feeling bad is a weakness.

Reality challenge:

3. Feeling angry is bad and destructive.

Reality challenge:

4. Being emotional means being out-of-control.

Reality challenge:

5. Emotions can just happen for no reason.

Reality challenge:

6. Some emotions are really stupid, a waste.

Reality challenge:

7. All painful emotions are a result of a bad attitude or a weak character.

Reality challenge:

8. If others don't approve of my feelings, I shouldn't feel that way.

Reality challenge:

9. Other people are the best judge of how I am feeling, not me.

Reality challenge:

10. Painful emotions should just be ignored.

Reality challenge:

11. Anger is a bad thing.

Reality challenge:

12. If I get angry, people won't like me anymore.

Reality challenge:

13.

Reality challenge:

14.

Reality challenge:

Taylor & Tran, 2000 (Modified from Skills Training Manual for Treating Borderline Personality Disorder, Linehan, 1993)