Myths about Emotions

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

2. Letting others know that I am feeling bad is a weakness.
   Challenge:

3. Negative feelings are bad and destructive.
   Challenge:

4. Being emotional means being out of control.
   Challenge:

5. Some emotions are stupid.
   Challenge:

6. All painful emotions are a result of a bad attitude.
   Challenge:

7. If others don't approve of my feelings, I obviously shouldn't feel the way I do.
   Challenge:

8. Other people are the best judges of how I am feeling.
   Challenge:

9. Painful emotions are not important and should be ignored.
   Challenge:

10. Extreme emotions get you a lot further than trying to regulate your emotions.
    Challenge:

11. Creativity requires intense, often out-of-control emotions.
    Challenge:

12. Drama is cool.
    Challenge:

13. It is inauthentic to try to change my emotions.
    Challenge:

14. Emotional truth is what counts, not factual truth.
    Challenge:

15. People should do whatever they feel like doing.
    Challenge:

16. Acting on your emotions is the mark of a truly free individual.
    Challenge:

17. My emotions are who I am.
    Challenge:

18. My emotions are why people love me.
    Challenge:

19. Emotions can just happen for no reason.
    Challenge:

20. Emotions should always be trusted.
    Challenge:

21. Other myth:
    Challenge:

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