

Myths About Emotions



Just emotions are complex, the beliefs around emotions (and how we learned them) are complicated, varied, and often in need of unpacking. While some beliefs aren't always incorrect, there are many common beliefs that are myths in need of challenging. Learning to determine which beliefs are myths, how to challenge those myths, and reframe your thoughts on emotions can help you. In doing so you can improve your ability to name what you're feeling, understand where it came from, and explore those feelings without judgement, shame, or other myth-based stigmas.

If we don't challenge the myths about emotions, those myths become the pillars which determine how we interpret our emotions, and how we act on them. If the myths regarding emotions are overwhelmingly negative, we become more likely to engage in ineffective or destructive behaviors in response to these negative myths.

Below are **20 common myths** about emotions in need of challenging. In the open space, write a belief or a counterpoint that could challenge the myth stated.

MYTHS	CHALLENGE
1). THERE IS A RIGHT WAY TO FEEL IN EVERY SITUATION.	1).
2). LETTING OTHERS KNOW THAT I AM FEELING BAD IS A WEAKNESS.	2).
3). NEGATIVE FEELINGS ARE BAD AND DESTRUCTIVE.	3).
4). BEING EMOTIONAL MEANS BEING OUT OF CONTROL.	4).

MYTHS

CHALLENGE



5). SOME EMOTIONS ARE STUPID.

5).

6). ALL PAINFUL EMOTIONS ARE A RESULT OF A BAD ATTITUDE.

6).

7). IF OTHERS DON'T APPROVE OF MY FEELINGS, I OBVIOUSLY SHOULDN'T FEEL THE WAY I DO.

7).

8). OTHER PEOPLE ARE THE BEST JUDGES OF HOW I AM FEELING.

8).

9). PAINFUL EMOTIONS ARE NOT IMPORTANT AND SHOULD BE IGNORED

9).

10). EXTREME EMOTIONS GET YOU A LOT FURTHER THAN TRYING TO REGULATE YOUR EMOTIONS.

10).

11). CREATIVITY REQUIRES INTENSE, OFTEN OUT-OF-CONTROL EMOTIONS.

11).

12). DRAMA IS COOL.

12).

13). IT IS INAUTHENTIC TO TRY TO CHANGE MY EMOTIONS.

13).

14). EMOTIONAL TRUTH IS WHAT COUNTS, NOT FACTUAL TRUTH.

14).

