

# Emotion Regulation Handout 2

## Myths About Emotions

1. There is a right way to feel all the time

Wisemind: \_\_\_\_\_

2. I should not let others know how I feel

Wisemind: \_\_\_\_\_

3. Negative feelings (angry, sad) are bad

Wisemind: \_\_\_\_\_

4. Feeling emotions = I am out of control

Wisemind: \_\_\_\_\_

5. Emotions happen for no reason

Wisemind: \_\_\_\_\_

6. Some emotions are stupid and bad

Wisemind: \_\_\_\_\_

7. Other people should tell me what to feel

Wisemind: \_\_\_\_\_

8. Other people know how I feel better than me

Wisemind: \_\_\_\_\_

9. Emotions that hurt are not important

Wisemind: \_\_\_\_\_

