Week 2: The Model for Describing Emotions

1. Emotions name:
- This is the name given to the emotion, for example; anger, sadness, fear etc.
-In naming an emotion it helps you understand it better.

2. Vulnerabilities:
-This is your vulnerability to feeling an emotion, for example; I am vulnerable to feeling guilt, shame, feelings of rejection, I was tired that morning, I am very stressed as I am writing exams or have a deadline etc.

3. Prompting Event:
-This is the even that prompted you into feeling a certain way.
-For example, my boyfriend broke up with me.

4. Interpretation of the Event:
-This usually includes an "I statement".
-For example, "I am worthless", "I am pathetic", "I am not loved" etc.
-This is what I think of the event.
-Its important to remember that a distinction can be made between how one interprets an event and what actually happened.

5. Internal response:
-The internal response is the neuro-chemical and body changes one goes through when feeling an emotion, for example, muscles tense up, short of breath, heart rate changes.
-The internal response is automatic and natural.
-The action urge is the urges to act in a certain way, for example; cry, self-harm, commit suicide, phone your doctor etc.

6. External response:
-The external response is learnt.
-Emotions are expressed and something is communicated to another person.
-You can learn to hide an expression of emotion or learn to express it in a different way.
-The action with regards to the external response can include words, behaviors, body language etc.
-For example; body language changes, tendency to isolate, judging one-self, saying hateful words etc.
-The action is how you acted upon the "action urge". Did you cry? Did you self-harm?

***If you start worrying that this has not yet *solved the problem do not worry. This model is just there to map out a certain event and is designed to help identify and describe emotions. The rest is still to come.