

Week 2: Sample worksheet: The Model for Describing Emotions

1. Emotions name:

- Sadness
- Fear
- Shame

2. Vulnerabilities:

- I am very scared of rejection
- I do not love myself
- I am stressed about exams
- I feel that I am not worthy of love

3. Prompting Event:

- My boyfriend broke up with me

4. Interpretation of the Event:

- I am not loveable
- I am worthless
- I am to blame
- I am not good enough
- I am never going to find someone

5. Internal response:

- Crying
- Feeling anxious as my chest tightens
- There is pain in the pit of my stomach
- Trembling
- Breathing fast

ACTION URGE: drink sleeping pills and get drunk or sleep all day and do not study for exam.

6. External response:

- Cry
- Being inactive
- Isolating and turning off my phone
- Texting boyfriend (trying to change or fix the outcome)
- Sleeping

ACTION: sleeping and not writing exam.