

WEEK 2: Ways of describing emotions

LOVE

Prompting Events for Feeling Love

- A person offers or gives you “something” you want, need or desire.
- A person does the things you want or need a person to do.
- You spend a lot of time with a person.
- You share a special experience or moment/s with a person.
- The communication between you and a person is exceptional.

Interpreting That Prompt Feelings of Love

- Believing that a person love, needs, or appreciates you.
- Thinking a person is physically attractive.
- Judging a person’s personality as wonderful, pleasing, or attractive.
- Believing that you can count on a person and that they will be there for you.

Experiencing the Emotion of Love

- Feeling excited and full of energy.
- Fast heartbeat.
- Feeling and acting self-confident.
- Feeling invulnerable.
- Feeling warm, trusting, and secure.
- Feeling relaxed and calm.
- Wanting the best for a person.
- Wanting to give things to a person.
- Wanting to be a better person for a person.
- Wanting to see and spend time with a person.
- Wanting to spend your life with a person.
- Wanting physical closeness or sex with a person.
- Wanting intimacy.

Expressing and Acting on Love

- Saying “I love you”.
- Expressing positive feelings to a person.
- Eye contact or mutual gaze.
- Touching, petting, hugging, holding, cuddling.
- Smiling.
- Sharing time and experiences with a person.
- Doing things that the other person wants or needs.

Aftereffects of Love

- Only being able to see a person’s positive side.
- Feeling positive emotions and having positive thoughts.
- Feeling forgetful or distracted, daydreaming.
- Feeling openness and trust.
- Remembering other times and people you have loved.
- Remembering and imagining positive events.

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JOY

Prompting Events for Feeling Joy

- Being successful at a task.
- Achieving a desirable outcome.
- Getting what you want.
- Receiving esteem, respect, or praise.
- Getting something you have worked hard for or worried about.
- Receiving a wonderful surprise.
- Things turning out better than you expected.
- Having a pleasurable sensation.
- Doing things that create or bring to mind pleasurable sensations.
- Being accepted by others.
- Feeling a sense of belonging.
- Receiving love, liking, or affection.
- Being in contact with people who love or like you.

Interpreting That Prompt Feelings of Joy

- Interpreting joyful events just as they are, without adding or subtracting.

Experiencing the Emotion of Joy

- Feeling excited.
- Feeling physically energetic, alive or “hyper”.
- Feeling like giggling or laughing.
- Feeling a warm sensation within.
- Feeling your face flush.

Expressing and Acting on Joy

- Smiling.
- Having a bright, glowing face.
- Being bouncy or bubbly.
- Communicating or sharing the feeling.
- Hugging people.
- Jumping up and down.
- Saying and thinking positive things.
- Using an enthusiastic or excited voice.
- Being talkative or talking a lot.

Aftereffects of Joy

- Being courteous and friendly to others.
- Having more self-confidence.
- Doing nice things for other people.
- Having a positive outlook; seeing the bright side.
- Having a high threshold for worry or annoyance.
- Remembering and imagining the other times you felt joyful.
- Expecting to feel joyful in the future.

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SADNESS

Prompting Events for Feeling Sadness

- Things turning out badly.
- Getting what you don't want.
- Not getting what you want and believe you need in life.
- Thinking about what you have not gotten that you wanted or needed.
- Not getting what you worked for.
- Things being worse than you expected.
- The death of a loved one.
- Thinking of deaths of people you love.
- Losing relationships; thinking of losses.
- Being separated from someone you care for or value; thinking about how much you miss someone.
- Being rejected or excluded.
- Being disapproved of or disliked; not being valued by people you care about.
- Being with someone else who is sad, hurt, or in pain.
- Discovering that you are powerless or helpless.
- Reading about other people's problems or troubles in the world.

Interpreting That Prompt Feelings of Sadness

- Believing that a separation from someone will last for a long time or will never end.
- Believing that you are worthless or not valuable.
- Believing that you will never get what you want or need in your life.
- Hopeless beliefs.

Experiencing the Emotion of Sadness

- Feeling tired, run-down, or low in energy.
- Feeling lethargic, listless, wanting to stay in bed all day.
- Feeling as if nothing is pleasurable anymore.
- Feeling a pain or hollowness in your chest or gut.
- Feeling empty or alone.
- Crying.
- Feeling as if you can't stop crying, or feeling if you ever had to start to cry you will never be able to stop.

Expressing and Acting on Sadness

- Frowning, not smiling.
- Eyes drooping.
- Sitting or lying around; being inactive.
- Making slow, shuffling movements.
- A slumped, drooping posture.
- Withdrawing from social contact.
- Talking little or not at all.
- Using a low, quiet, slow, or monotonous voice.
- Saying sad things.

- Giving up and no longer trying to improve.
- Moping, brooding, or acting moody.
- Talking to someone about sadness.

Aftereffects of Sadness

- Feeling irritable, touchy, or grouchy.
- Having a negative outlook.
- Thinking only about the negative side of things.
- Blaming or criticizing yourself.
- Remembering or imagining other times you were sad and other losses.
- Hopeless attitude.
- Not being able to remember happy times.
- Fainting spells.
- Nightmares.
- Insomnia.
- Appetite disturbance, indigestion.
- Yearning and searching for the thing you lost.
- Depersonalization, dissociative experiences, numbness, or shock.
- Anger, shame, fear, or other negative emotions.

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FEAR

Prompting Events for Feeling Fear

- Being in a new or unfamiliar situation.
- Being alone (walking alone, being home alone, living alone).
- Being in the dark.
- Being in a situation where you have been threatened or gotten hurt in the past, or where painful things have happened.
- Being in a situation like the one where you have been threatened before or gotten hurt in the past or where painful things have happened.
- Being in situations where you have seen other people be threatened, get hurt, or something painful happen.
- Fearing that something bad might happen in the future (an exam going horribly wrong, not getting that job promotion, fearing that a person with an illness in the family might die, going to a new place or environment).

Interpreting That Prompt Feelings of Fear

- Believing that someone might reject you, criticize you, dislike, or disapprove of you.
- Believing that failure is possible; expecting to fail.
- Believing that you will not get help you want or believe you need.
- Believing that you might lose someone or something you want.
- Losing a sense of control; believing that you are helpless.
- Losing a sense of mastery or competence.
- Believing that you might be hurt or harmed, or that you might lose something valuable.
- Believing that you might die, or that you are going to die.

Experiencing the Emotion of Fear

- Sweating or perspiring.
- Feeling nervous, jittery, or jumpy.
- Shaking, quivering, or trembling.
- Darting eyes or quickly looking around.
- Choking sensations, lump in the throat.
- Breathlessness, breathing fast.
- Muscles tensing, cramping.
- Diarrhea, vomiting.
- Feeling of heaviness in stomach.
- Getting cold.
- Hair erect.

Expressing and Acting on Fear

- Engaging in nervous, fearful talk.
- A shaky or trembling voice.

- Crying or whimpering.
- Screaming or yelling.
- Pleading or crying for help.
- Fleeing, running away.
- Running or walking hurriedly.
- Hiding from or avoiding what you fear.
- Trying not to move.
- Talking less or becoming speechless.
- Frozen stare.

Aftereffects of Fear

- Losing your ability to focus or becoming disorientated.
- Being dazed.
- Losing control.
- Remembering other threatening times, other times when things did not go well.
- Imagining the possibility of more loss or failure.
- Depersonalization, dissociative experiences, numbness, or shock.
- Intense anger, shame, or other negative emotions.

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SHAME

Prompting Events for Feeling Shame

- Doing (feeling or thinking) something you (or people you admire) believe is wrong or immoral.
- Being reminded of something wrong, immoral, or “shameful” you did in the past.
- Exposure of a very private aspect of yourself or your life.
- Having others find out that you have done something wrong.
- Being laughed at or made fun of.
- Being criticized in public, in front of someone else; remembering public criticism.
- Others attacking your integrity.
- Being betrayed by a person you love.
- Being rejected by people you care about.
- Failing at something you feel you are (or should be) competent to do.
- Being rejected or criticized for something you expected praise for.
- Having emotions that have been invalidated.

Interpreting That Prompt Feelings of Shame

- Believing your body (or body part) is too big, too small, or not the right size.
- Thinking that you are bad, immoral, or wrong.
- Thinking that you have not lived up to the expectations of yourself.
- Thinking that you have not lived up to other’s expectations of you.
- Thinking that your behavior, thoughts, or feelings are silly or stupid.
- Judging yourself to be inferior, not “good enough”, and not as good as others.
- Comparing yourself to others and thinking that you are a “loser”.
- Believing yourself to be unlovable.

Experiencing the Emotion of Shame

- Pain in the pit of the stomach.
- Sense of dread.
- Crying, tears, sobbing.
- Blushing, hot, red face.
- Wanting to hide or cover your face.
- Jitteriness, nervousness.
- Chocking sensation, suffocating.

Expressing and Acting on Shame

- Withdrawing, covering the face, hiding.
- Bowing your head, kneeling before the person, groveling.
- Eyes down, darting eyes.
- Avoiding the person you have harmed or the people who know you have done wrong.
- Sinking back, slumped posture.
- Saying you are sorry; apologizing.
- Asking for forgiveness.

- Giving gifts, trying to make up for the transgression.
- Trying to repair the harm, fix up the damage, change the outcome.

Aftereffects of Shame

- Avoiding thinking about your transgressions, shutting down, blocking all emotions.
- Engaging in distracting, impulsive behaviors to divert your mind or attention.
- Believing you are defective.
- Making resolutions to change.
- Depersonalization, dissociative experiences, numbness, or shock.
- Intense anger, sadness, fear, or other negative emotions.
- Isolation, feeling alienated.

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ANGER

Prompting Events for Feeling Anger

- Losing power.
- Losing status.
- Losing respect.
- Being insulted.
- Not having things turn out the way you expected.
- Experiencing physical pain.
- Experiencing emotional pain.
- Being threatened with physical or emotional pain by someone or something.
- Having an important or pleasurable activity interrupted, postponed, or stopped.
- Not obtaining something you want (which another person has).

Interpreting That Prompt Feelings of Anger

- Expecting pain.
- Feeling that you have been treated unfairly.
- Believing that things should be different.
- Rigidly thinking “I am right.”
- Judging that the situation is illegitimate, wrong or unfair.
- Ruminating about the event that set off the anger in the first place, or in the past.

Experiencing the Emotion of Anger

- Feeling incoherent.
- Feeling out of control.
- Feeling extremely emotional.
- Feeling tightness or rigidly in your body.
- Feeling your face flush or get hot.
- Feeling nervous tension, anxiety, and discomfort.
- Feeling like you are going to explode.
- Muscles tightening.
- Teeth clamping together, mouth tightening.
- Crying, being unable to stop tears.
- Wanting to hit, bang the wall, throw something, and blow up.

Expressing and Acting on Anger

- Frowning or not smiling; mean or unpleasant facial expression.
- Gritting or showing your teeth in a unfriendly manner.
- Grinning.
- A red or flushed face.
- Verbally attacking the cause of your anger; criticizing.
- Physically attacking the cause of your anger.
- Using obscenities or cursing.
- Using a loud voice, yelling, screaming, or shouting.

- Complaining or bitching; talking about how lousy things are.
- Clenching your hands or fists.
- Making aggressive or threatening gestures.
- Pounding on something, throwing things, breaking things.
- Walking heavily or stomping; slamming doors, walking out.
- Brooding or withdrawing from contact with others.

Aftereffects of Anger

- Narrowing of attention.
- Attending only to the situation making you angry.
- Ruminating about the situation making you angry and not being able to think of anything else.
- Remembering and ruminating about other situations that have made you angry in the past.
- Imagining future situations that will make you angry.
- Depersonalization, dissociative experience, numbness.
- Intense shame, fear, or other negative emotions.