

Handout 9.1: Negative Emotional Experiences

<i>Table 1. Relatively Pure Negative Emotions</i>		
Distressed	Upset	Hurt
Sad	Frustrated	Disappointed
Unhappy	Anxious	Scared

<i>Table 2. Hybrid Negative Emotions, Which Have a Feeling Part and a Thinking Part</i>				
Guilt	Anger	Resentment	Ashamed	Regret

<i>Table 3. Examples of Thoughts or Beliefs, Which Require Evidence or Proof</i>			
Responsible	Obligated	Overwhelmed	Unsafe
Abandoned	Helpless	Dirty	Mistrustful
Wrong	Stuck	Weak	Stupid

<i>Table 4. Examples of “I Feel” Statements That Aren’t About Emotions</i>			
<i>(The feelings that accompany these words are not evidence for the conclusions.)</i>			
I feel responsible.	I feel obligated.	I feel overwhelmed.	I don’t feel safe.
I feel abandoned.	I feel helpless.	I feel dirty.	I don’t feel I can trust.
I feel that what I did was wrong.	I feel stuck in a hole.	I feel weak.	I feel stupid.

These types of phrases are also called emotional reasoning, because the conclusions are based on feelings, which are not evidence for the conclusions.