Myths about emotions

Things many of us were taught about feelings that are not true.

Name _____ Date _____

We pick up rules about feelings from family, school and culture. Many of them make emotions harder to deal with. Tick the ones you have believed, and write a fairer statement beside each.

Myth	A fairer way of seeing it
There is a right way to feel in every situation.	
Letting others know I feel bad is weakness.	
Negative feelings are bad and should be got rid of.	
If I start crying I will never stop.	
Being emotional means being out of control.	
Other people know better than I do how I feel.	
If I feel it strongly, it must be true.	
I should be able to just get over it.	

Where did I learn these?

The one I most want to let go of

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