

## Toolbox Handout 9: Functions of and Describing Emotions



What Good Are Emotions? Name 3 ways Emotions are helpful to us:

- 1) \_\_\_\_\_
- 2) \_\_\_\_\_
- 3) \_\_\_\_\_

Physiologically speaking, how long do Emotions last?

\_\_\_\_\_

What are 5 things ought we consider when we are assessing our emotional experience?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

What are 'vulnerability factors' and why do they matter when assessing emotions?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

### MYTHS ABOUT EMOTIONS

Using the examples provided, consider each 'myth' we may come to believe about our emotions, and come up with a statement what challenges that myth:

1. Myth: There is a right way to feel in every situation  
Challenge: \_\_\_\_\_
2. Myth: Letting others know that I am feeling bad is a weakness  
Challenge: \_\_\_\_\_
3. Myth: Being Emotional means being out of control  
Challenge: \_\_\_\_\_
4. Myth: If others don't agree with my feelings, I obviously shouldn't feel the way I do  
Challenge: \_\_\_\_\_
5. Myth: Negative feelings are bad and destructive  
Challenge: \_\_\_\_\_

----- At Home Practice: -----

Work through an event that happened to you over the past week using the DBT's Model of Emotions:

|   |  |
|---|--|
| <b>Prompting Event:</b><br>(What happened?<br>Explain in as much<br>detail as you can.)                       |  |
| <b>Vulnerabilities:</b><br>(Tired? Stressed?<br>Hungry? Other<br>cues or events<br>beforehand?)               |  |
| <b>Thoughts About<br/>the Event:</b><br>("This is... I am...<br>When they...")                                |  |
| <b>Sensations in the<br/>Body:</b><br>(Ex: tension, upset<br>stomach, tears,<br>face hot, etc.)               |  |
| <b>Outside the Body:</b><br>(actions,<br>behaviors, things<br>you did while<br>experiencing this<br>emotion)  |  |
| <b>Consequences:</b><br>(What happened<br>because of how<br>you responded to<br>the emotion you<br>felt?)     |  |
| <b>Planning for Next<br/>Time:</b><br>(How would you<br>like to respond to<br>this emotion in the<br>future?) |  |