

## MOD 1.1 Understanding Your Emotions

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### TAKE IT DEEPER:

#### Exploring Beliefs About Emotions

Review the following beliefs about emotions. To what degree do you CURRENTLY believe these statements? Please rate each statement from 1 (don't agree at all) to 10 (fully agree):

- Painful emotions should be ignored.
- Letting others know how I feel is risky.
- There is a right way to feel in every situation.
- I can't control the way I feel.
- It's not appropriate to talk about feelings at work.
- If I ignore a feeling, it will go away.
- Other people have a better handle on emotions than I do.
- Telling others that I'm feeling bad is a sign of weakness.

How has your life been affected by the messages you received about emotions growing up?

Which current beliefs about emotions would you like to shift?

**“Your emotions make you human. Even the unpleasant ones have a purpose. Don't lock them away. If you ignore them, they just get louder and angrier.” —Sabaa Tahir**