

HANDOUT 6.5: COMPASSIONATE BELIEFS ABOUT EMOTIONS

This exercise is to be carried out after having embodied the compassionate self. Keep in mind that for each usual belief, there are multiple possible adaptive alternative beliefs

USUAL BELIEFS ABOUT EMOTIONS	COMPASSIONATES SELF'S BELIEFS ABOUT EMOTIONS
Certain strong emotions are dangerous and easily get out of hand.	<i>Example: strong emotions are scary, especially if I have not given myself permission to feel them often... but they are not dangerous... my body can contain them and manage them...</i>
Other people don't feel strong emotions the way I do.	
My emotions are inappropriate.	
If you love someone, you shouldn't have times when you are angry or even want to leave them.	
If other people love you they should not be selfish, thoughtless or have times when they want to leave you.	

<p>You shouldn't have mixed emotions because you should know your mind.</p>	
<p>If people knew what I feel, they would not like me.</p>	
<p>I don't like myself because of my feelings.</p>	
<p>I just want to get rid of these feelings.</p>	