

# EMOTION

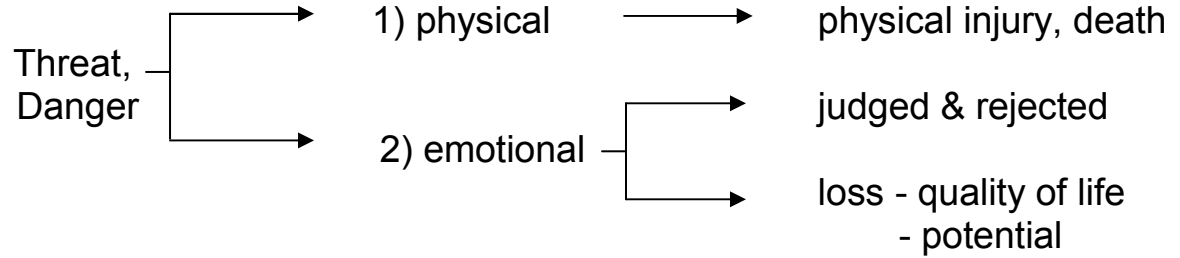
# THOUGHTS/BELIEFS/PERCEPTIONS

## Three Basic Unpleasant Emotions:

### 1) Anxiety



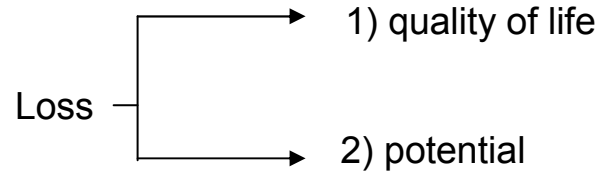
tense nervous anxious afraid terrified/  
panic



### 2) Sadness



blue down sad depressed



→ **Disappointment** Realize you will not get something expected you would get.

### 3) Anger



annoyed/ peeved mad/ furious rage  
irritated angry

Injustice or unfairness given reasonable expectations, hurt unnecessarily.

→ **Frustration** Trying to achieve something and it's not working.

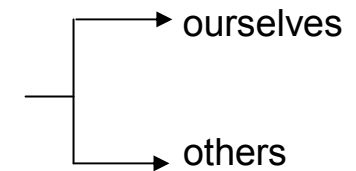
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### Complex Unpleasant Emotions:

#### 4) Guilt

Feel we've done something wrong, violated important rules (I 'should' have ...), not lived up to our standards (e.g. I ought to have done better).



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#### 5) Shame

Feel we have done something wrong and this means we are flawed, no good, inadequate, inferior, rotten, awful, bad.

We want to keep shame secret (e.g. if people knew this they would hate me or think I'm awful).  
Examples of reasons why people feel ashamed: alcoholism, abuse, abortion, bankruptcy.

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#### 6) Jealous

You wish had what someone else has (e.g. romantic partner, quality of life, job).

→ **Resentment & Bitterness**

Similar to jealousy, but also includes a bit of anger.

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#### 7) Disgust

You feel offensive, repulsed, revolted.  
Something that needs to be expelled.

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