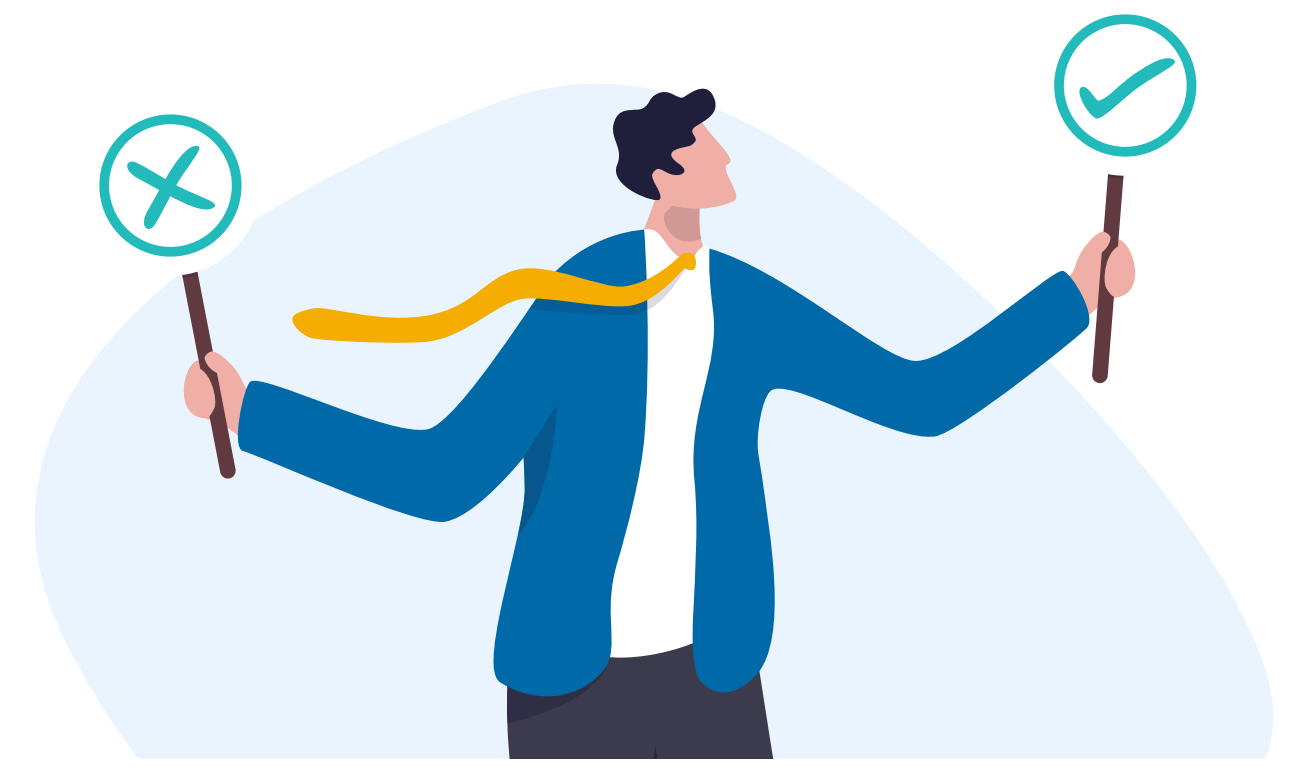


Factsheet

FALSE BELIEFS ABOUT EMOTIONS



1 Being emotional means you're weak: FALSE.

Everyone feels emotions, it's normal.

2 Painful emotions are all the result of a bad attitude: FALSE.

Many painful emotions are well adapted to the life situations in which we feel them.

3 Emotions can get worse and worse and put us in danger (risk of depression, of going mad, feeling unwell, etc): FALSE.

Emotions are short-lived, even if they sometimes come back in waves. A negative emotion always subsides in the end!

Emotions rarely lead to pathological states. They're the resources we use to try and avoid feeling the emotions themselves! It's not the red light on the dashboard that's dangerous, it's pretending not to see it!

4 Emotions can overwhelm us without us being able to control anything: FALSE.

When it comes to emotions, it's not a case of all or nothing: « I control everything or I control nothing ». We can learn techniques to manage emotions.

5 It's important to control your emotions as much as possible: FALSE.

It's often more dangerous to try to control your emotions than to accept how you feel. Fighting against something increases its intensity.

Controlling emotions may seem effective in the short term, but it complicates things in the long term.

6 The more positive emotions we feel, the more dependent we become: FALSE.

It's not the positive emotions that make us dependent. It's the deprivation and what's missing in our life that leads to dependency!

Factsheet

LES FAUSSES CROYANCES CONCERNANT LES ÉMOTIONS

- 7 Taking notice of your emotions means feeling sorry for yourself: FALSE.

Many painful emotions are well adapted to the life situations in which we feel them.

- 8 Emotions reflect the reality of a situation: FALSE.

Emotions reflect our reactions to a situation, not the situation itself. It's not because we feel anxious that the situation is necessarily dangerous.

