




Emotions and their associated thoughts, body reactions and resulting behaviours

Emotion	Thoughts	Body reaction	Behaviours
<p style="text-align: center;">Angry</p>  <p>frustrated, irritated, impatient, resentful, enraged, peeved off, fury, insulted</p>	<p>Assume the worst Problem is enormous Others are unfair</p> <ul style="list-style-type: none"> ❖ I've been disrespected, treated unfairly, used ❖ I've been let down ❖ It's not fair! ❖ I won't stand for it 	<p>Adrenaline response:</p> <ul style="list-style-type: none"> ❖ Tense ❖ Fired up ❖ Energised, breathing and heart rate increase ❖ Difficulty concentrating 	<ul style="list-style-type: none"> ❖ Fight ❖ Confront ❖ Argue ❖ Make lots of noise! ❖ Sulk ❖ Snap, swear, shout ❖ Sarcastic, patronise ❖ Put downs
<p style="text-align: center;">Anxious</p>  <p>nervous, on edge, apprehensive, scared, frightened, panicky, terrified, petrified</p>	<p>Threat: Overestimate danger Underestimate ability to cope</p> <ul style="list-style-type: none"> ❖ I'm in great danger right now ❖ The worst possible thing is going to happen ❖ I won't be able to cope with it 	<p>Adrenaline response:</p> <ul style="list-style-type: none"> ❖ Tense, shaky, sweaty, hot, ❖ Energised, breathing and heart rate increase ❖ Difficulty concentrating 	<ul style="list-style-type: none"> ❖ Avoid people or places (in order to avoid feeling anxious) ❖ Fidget ❖ Escape / run away ❖ Coping or safety behaviours
<p style="text-align: center;">Depressed</p>  <p>sad, down, despairing, hopeless, gloomy, miserable, sorrowful, unhappy, dismayed</p>	<p>Negative focus. Themes of loss, hopelessness, negative view of self</p> <ul style="list-style-type: none"> ❖ I'm worthless ❖ Nothing's going to change ❖ I've lost.... 	<p>Slowed down or agitated</p> <ul style="list-style-type: none"> ❖ Tired, lethargic ❖ Constipated ❖ Memory & concentration problems ❖ Appetite & sleep changes ❖ Loss of interest: hobbies, sex ❖ Restlessness 	<ul style="list-style-type: none"> ❖ Do less ❖ Talk less ❖ Eat less or more ❖ Sleep less or more ❖ Isolate and withdraw ❖ Ruminates on negative thoughts