




## Emotions and their associated thoughts, body reactions and resulting behaviours

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