

# Emotions: What's the point of them?

Our emotions are responses to events, ideas, sensations, or situations. They are individual and unique to us as we all have unique systems and histories. Three components (below) generally work in parallel and guide behaviour.

## Physiological reactions

The nervous system and body collect sensory data and processes the sensations we feel, internal and external.



## Cognitive appraisals

Making sense of what is happening, what's happening in and around us?  
Have we been here before?



## Outward-facing motor behaviours

What are the actions we do in response? Our outward communications to signal to others:  
facial expressions, vocal tones, body movements



**They are messages urging us to act**

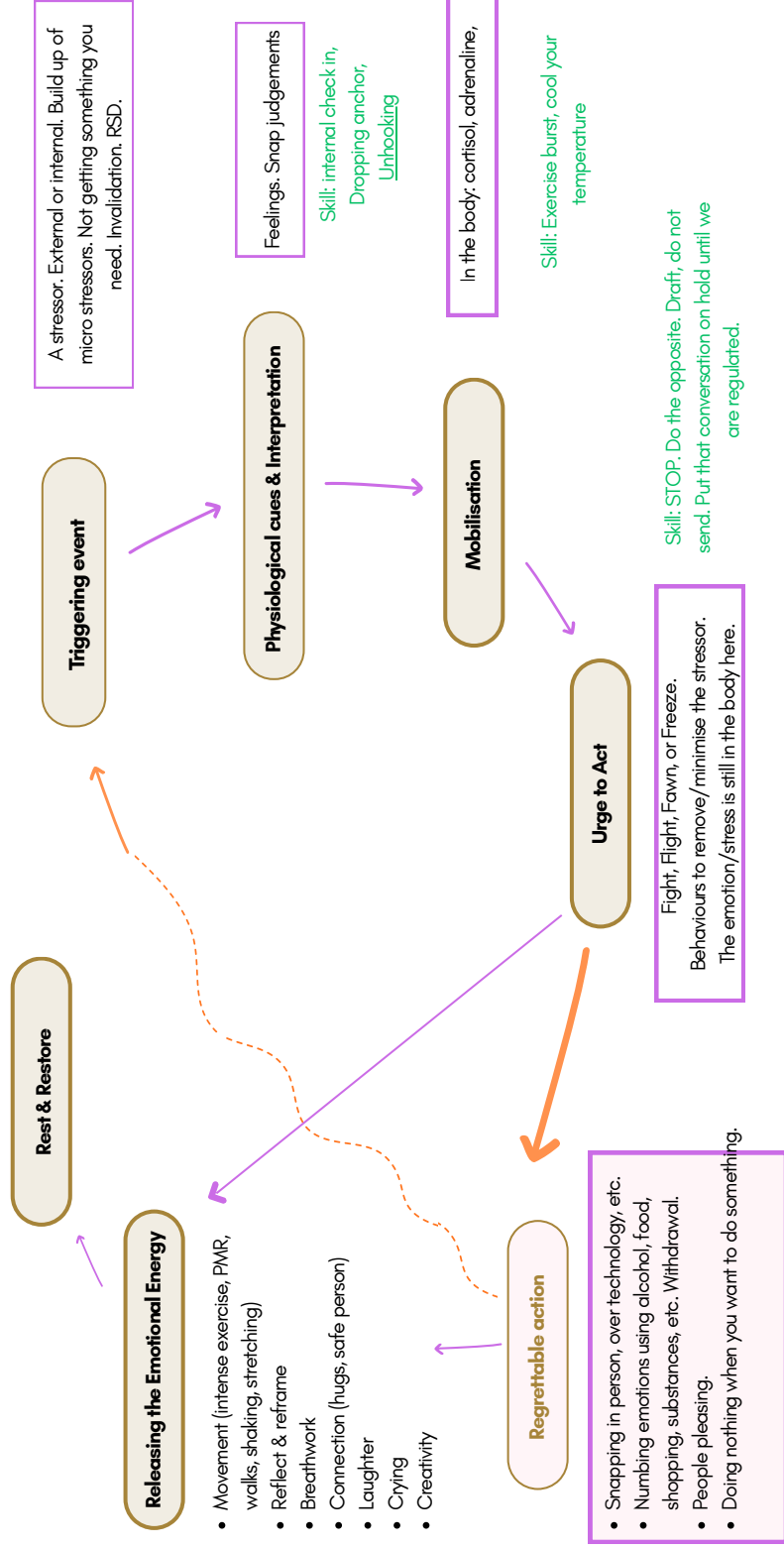


Acknowledge and validate your emotions. Acknowledge the message and what they are trying to tell you. Choose an emotional regulation strategy.

**Choose how you want to respond to the emotions and the situation.**

**Practice RESPONDING not reacting**

# The Intense Emotion Cycle



# Thoughts: what is my brain doing?



Our brains love to problem solve and keep us safe.

And this great, but sometimes our brain can act like an annoying overly helpful friend, trying to protect you. It can generate unhelpful thoughts that get us hooked and appear to be absolutes. This often leads to us getting stuck & avoiding stuff.



**HELP! I got hooked!**



I'm a fraud!

I'm going to fail

I'm so bad at this, I don't even know where to start



## Behaviours

- Avoiding situations & opportunities, where we might feel pain or discomfort.
- Not working towards or even setting goals
- Doing stuff that feels good in the short term but doesn't help in the long term.

## A strategy to Unhook

Acknowledge and validate the thought. It's trying to help but assess what's going on. Use an unhooking strategy to put space between you and the thought.

'I'm going to fail'



'I'm noticing I'm having the thought 'I'm going to fail' '

Then use a strategy, such as thank the thought, identify and write the problem and brainstorm possible solutions, use mindfulness on the go, music, or choice point.

**Choose how you respond to the thoughts and situation**

# Problem sorter

Urgent and important

Not urgent but important

Urgent but not important

Not urgent and not important