
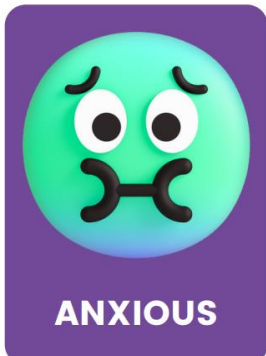



Emotions and their associated thoughts, body reactions and resulting behaviours

Emotion	Thoughts	Body reaction	Behaviours
 <p>ANGRY</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"> ○ I've been disrespected, treated unfairly, used ○ I've been let down ○ It's not fair! ○ I won't stand for it 	<p>Urge to attack</p> <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>ANXIOUS</p>	<p>nervous, on edge, 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>Urge to escape or avoid</p> <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>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>Urge to withdraw</p> <p>Slowed down or agitated</p> <ul style="list-style-type: none"> ○ Tired, lethargic ○ Constipated ○ Memory & concentration problems ○ Appetite & sleep changes ○ No 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 thought