

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

Emotion	Thoughts	Body reaction	Behaviours
 <b>ANGRY</b>	frustrated, irritated, impatient, resentful, enraged, peed off, fury, insulted	<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>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>
 <b>ANXIOUS</b>	nervous, on edge, scared, frightened, panicky, terrified, petrified	<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>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>
 <b>DEPRESSED</b>	sad, down, despairing, hopeless, gloomy, miserable, sorrowful, unhappy, dismayed	<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>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>○ No interest: hobbies, sex</li> <li>○ Restlessness</li> </ul>