

CBSST: BECOMING MORE FAMILIAR WITH EMOTIONS

Please think of a list of different kinds of emotions (feelings) that a person can have. Write them down in the empty space below.

DISCUSSION:

Why is it helpful to know what feelings you have?

How many feelings can you have at one time?

Can a change in your feelings mean that you had a change in your thoughts?



Adapted from the Minneapolis VA CBSST Manual