

Emotions and their associated thoughts, body reactions and resulting behaviours

Emotion	Thoughts	Body reaction	Behaviours
Angry  frustrated, irritated, impatient, resentful, enraged, peed off, fury, insulted	Assume the worst Problem is enormous Others are unfair ❖ I've been disrespected, treated unfairly, used ❖ I've been let down ❖ It's not fair! ❖ I won't stand for it	Urge to attack Adrenaline response: ❖ Tense ❖ Fired up ❖ Energised, breathing and heart rate increase ❖ Difficulty concentrating	❖ Fight ❖ Confront ❖ Argue ❖ Make lots of noise! ❖ Sulk ❖ Snap, swear, shout ❖ Sarcastic, patronise ❖ Put downs
Anxious  nervous, on edge, apprehensive, scared, frightened, panicky, terrified, petrified	Threat: Overestimate danger Underestimate ability to cope ❖ I'm in great danger right now ❖ The worst possible thing is going to happen ❖ I won't be able to cope with it	Urge to escape or avoid Adrenaline response: ❖ Tense, shaky, sweaty, hot, ❖ Energised, breathing and heart rate increase ❖ Difficulty concentrating	❖ Avoid people or places (in order to avoid feeling anxious) ❖ Fidget ❖ Escape / run away ❖ Coping or safety behaviours
Depressed  sad, down, despairing, hopeless, gloomy, miserable, sorrowful, unhappy, dismayed	Negative focus. Themes of loss, hopelessness, negative view of self ❖ I'm worthless ❖ Nothing's going to change ❖ I've lost....	Urge to withdraw Slowed down or agitated ❖ Tired, lethargic ❖ Constipated ❖ Memory & concentration problems ❖ Appetite & sleep changes ❖ Loss of interest: hobbies, sex ❖ Restlessness	❖ Do less ❖ Talk less ❖ Eat less or more ❖ Sleep less or more ❖ Isolate and withdraw ❖ Ruminates on negative thoughts