

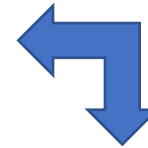
Identifying Components of Emotion

Instructions: Choose a situation that triggered difficult emotions and identify the components of that emotion.

Thoughts

Someone could have ransacked the garage.
I screw up everything.
My wife is going to be furious when I tell her.
What a disaster!

Situation Description: I came home from work and saw that I had left the garage door open all day.



Behaviors

Laid in bed when I got home without cleaning up.

Didn't tell wife.

Feelings

Anxiety: face flushed, tightness in my chest, difficulty breathing

Shame: pit in my stomach

