



Dissecting your feelings: 5 parts to strong emotions

Emotions give us clues about how to respond to situations. But first, we need to recognise the emotion.

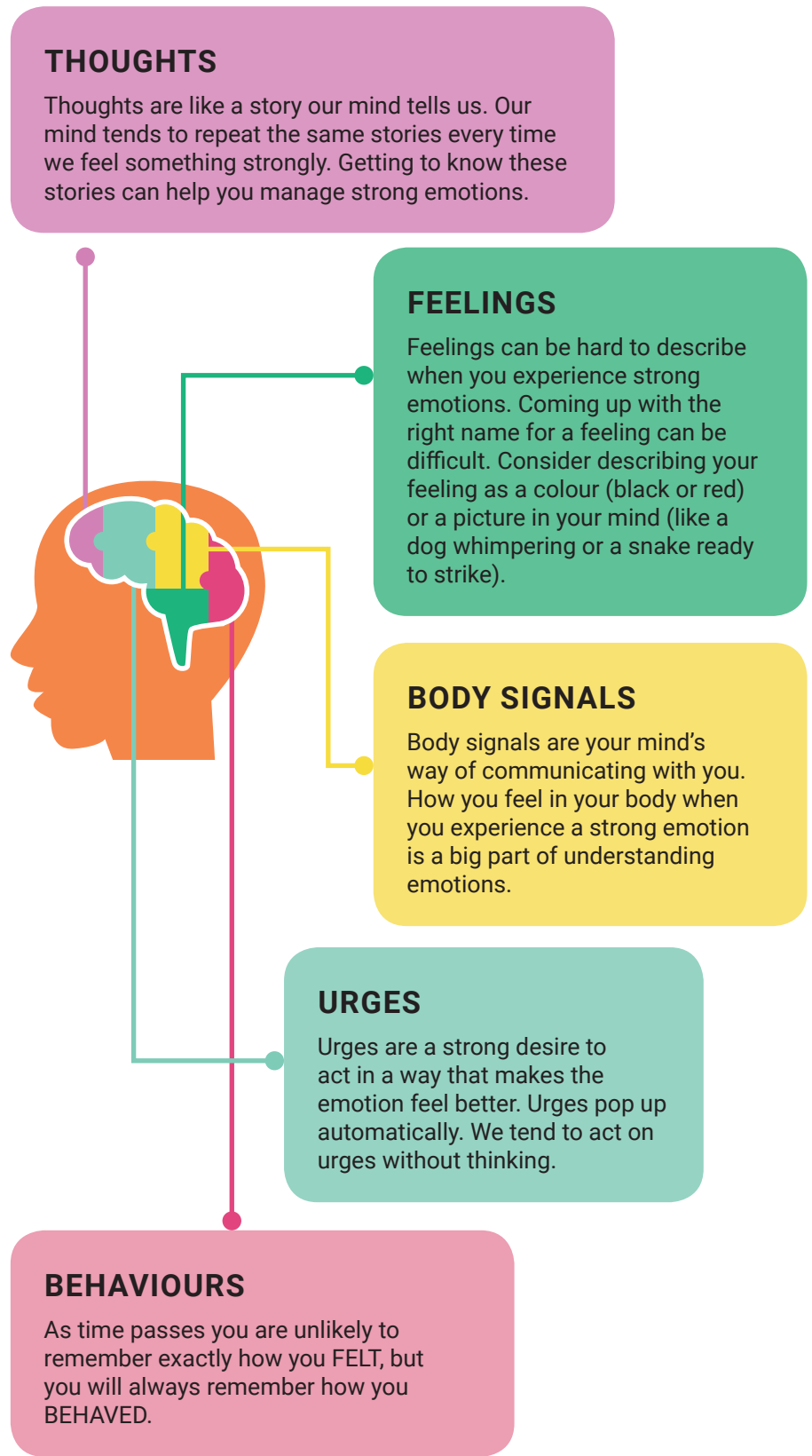
All emotions have a purpose. They send us important signals about our environment. They give us clues about how to respond to situations to protect ourselves or recover.

We need to listen to our emotions so they can guide us to respond to a situation in a helpful way. This can be really difficult when we experience overwhelming emotions. Strong emotions hit us so hard that we often have no idea how we feel.

Sometimes, our body might immediately switch off to protect us, leaving us feeling numb. If we miss the signals it is harder to apply any helpful emotion regulation strategies. We can quickly react in unhelpful ways.

THE 5 PARTS TO EMOTIONS

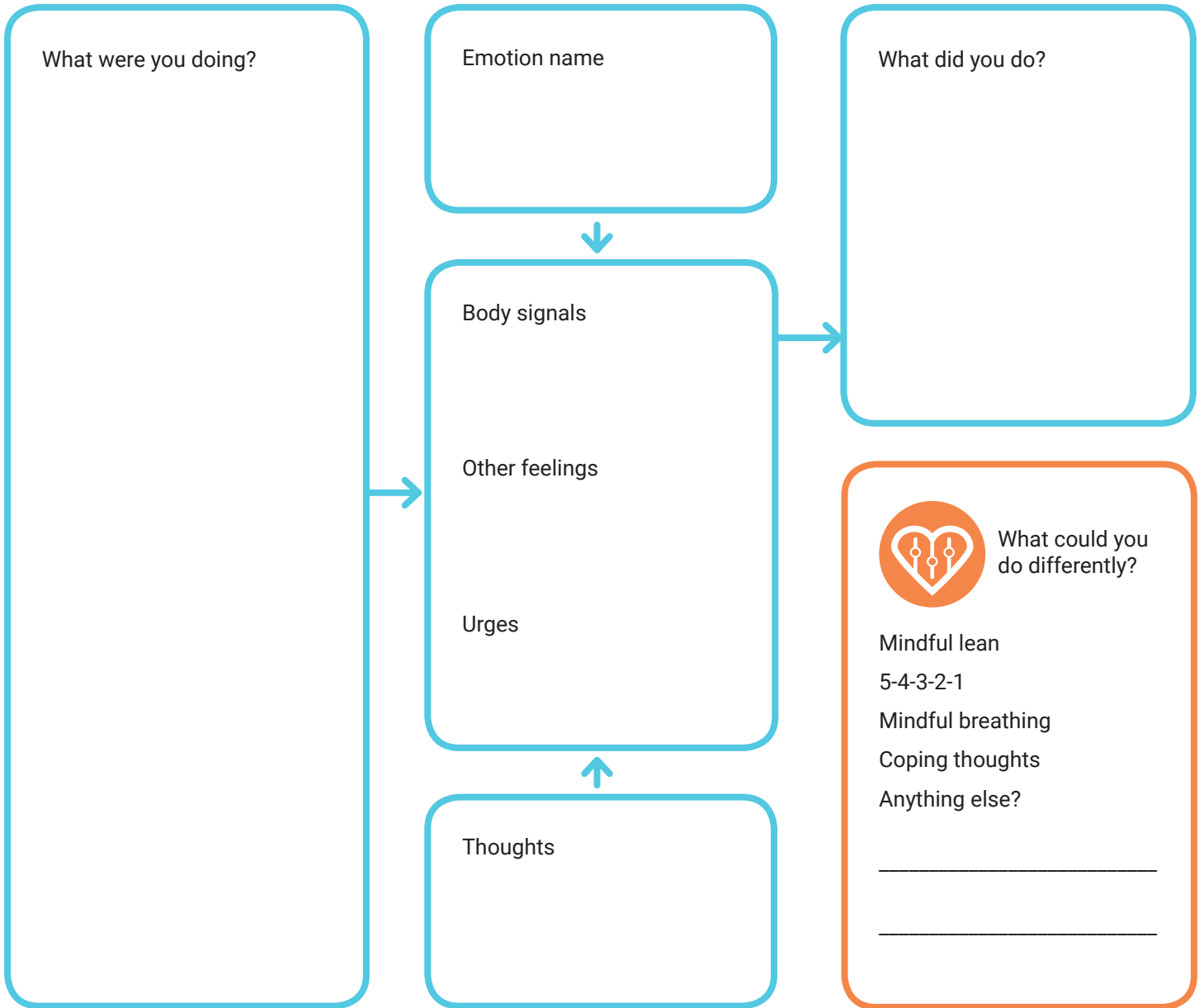
Managing strong feelings involves dissecting the five different parts of emotions: Thoughts, feelings, body signals, urges and behaviours.





UNDERSTAND THE 5 PARTS TO FEELINGS

Picture yourself in a recent situation where you felt overwhelmed or stressed out.



PRACTICE & REFLECT

Take time this week to dissect strong emotions when they occur. Take a picture of the boxes above on your phone to help you break emotions down into the 5 different parts. Practice regularly so you develop the habit of naming emotions when you feel them. Write down the names of the emotions you dissected.

MON _____ TUE _____ WED _____ THUR _____ FRI _____ SAT _____ SUN _____

By dissecting emotions, they can become more familiar and less overwhelming. Is it harder to dissect some emotions than others?