

Briefly Observing the Four Parts of an Emotion + Cognitive Distortions or “Thinking Traps”

Use this worksheet to record the four parts of emotion you experience from specific situations and to examine your thoughts.

Situation <i>What happened?</i>	Thoughts <i>What am I thinking?</i>	Thinking Trap <i>What is the cognitive distortion I am using and how is this affected my life?</i>	Feelings <i>What feelings do I have?</i>	Body Sensations <i>What do I notice in my body?</i>	Urges/Behaviors <i>What do I want to do or not do?</i>
	<p>Are you willing to surrender your thoughts and accept God's wisdom for your life?</p> <p>Yes or No</p>	<p>Thinking traps often become automatic, habitual thoughts that cause people to engage in self-defeating behavior. Are you willing to pray and surrender and ask the Lord to help you watch out for the traps and not enter into the temptation of this snare?</p> <p>Yes or No</p>	<p>Are you willing to surrender your focus on your feelings and accept the gift of God's Son and His peace in your life?</p> <p>Yes or No</p>	<p>Are you willing to surrender your body sensations to God?</p> <p>Yes or No</p>	<p>Are you willing to surrender your urges/behaviors to God through prayer and cooperate with God's will for your mind, body, and spirit?</p> <p>Yes or No</p>

Cognitive Distortions or Thinking Traps– Unhelpful Thinking Styles (Common)

We all have **automatic thoughts** – thoughts that happen so quickly and effortlessly that we might not even be aware we’ve had them. When we assume they’re true, we feel strong emotions (such as fear, anger, or shame) and can react equally severely. Automatic thoughts may feel convincing, but they are often exaggerated or distorted by certain biases, which psychologists call **cognitive distortions** or **thinking traps**. These thinking traps are styles of thinking that cause unhelpful biases. Here are 10 of the most common biases:

All or nothing thinking

You think in extremes about situations, other people, or yourself. Your thoughts might be polarized: things are either ‘perfect’ or ‘terrible’. You may also act in just as extreme ways, veering between extreme effort and none at all.



Magnification and minimization

You exaggerate negative aspects of yourself, other people, or situations, while downplaying the positive aspects. Bad things get blown out of proportion, whilst good things seem unimportant.



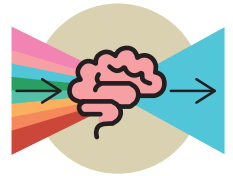
Disqualifying the positive

You ignore, dismiss, or discount your positive attributes and experiences. Receiving positive feedback might feel strange or uncomfortable to you, so you automatically reject it.



Mental filter

You base your conclusions on a single detail taken out of context, and might ignore or discount other bits of information. People tend to filter when they are faced with evidence that doesn’t ‘fit’ with their beliefs.



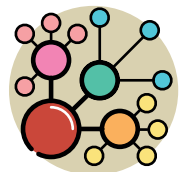
Emotional reasoning

You assume something must be true because you feel it strongly. Your feelings, hunches, or instincts guide how you interpret a situation.



Overgeneralization

You make a sweeping judgment or conclusion based on just one experience or a small number of incidents. You believe an isolated event will become a pattern and repeat itself in the future.



Jumping to conclusions

You make hasty judgments or decisions based on a limited amount of information. You might assume you know what other people are thinking, or use your intuition to make snap judgments.



Personalizing

You assume that situations or outcomes are related to you, especially negative ones. You might unfairly believe that you caused things to happen.



Labeling

You give yourself, other people, or your experiences a one-word label. These labels are usually fixed, extreme, and negative – they stir up strong emotional reactions and stop you noticing other aspects of your experience.



“Should” statements

Your style of thinking focuses on “must”, “should”, “ought to”, and “have to” statements. It leads to fixed ideas about how you, other people, and the world should be.



Feeling Words List

Happy	Sad	Angry	Scared	Confused
Admired	Alienated	Abused	Afraid	Ambivalent
Alive	Ashamed	Aggravated	Alarmed	Awkward
Appreciated	Burdened	Agitated	Anxious	Baffled
Assured	Condemned	Anguished	Appalled	Bewildered
Cheerful	Crushed	Annoyed	Apprehensive	Bothered
Confident	Defeated	Betrayed	Awed	Constricted
Content	Dejected	Cheated	Concerned	Directionless
Delighted	Demoralized	Coerced	Defensive	Disorganized
Determined	Depressed	Controlled	Desperate	Distracted
Ecstatic	Deserted	Deceived	Doubtful	Doubtful
Elated	Despised	Disgusted	Fearful	Flustered
Encouraged	Devastated	Dismayed	Frantic	Foggy
Energized	Disappointed	Displeased	Full of dread	Hesitant
Enthusiastic	Discarded	Dominated	Guarded	Immobilized
Excited	Discouraged	Enraged	Horrified	Misunderstood
Exuberant	Disgraced	Exasperated	Impatient	Perplexed
Flattered	Disheartened	Exploited	Insecure	Puzzled
Fortunate	Disillusioned	Frustrated	Intimidated	Stagnant
Fulfilled	Dismal	Fuming	Nervous	Surprised
Glad	Distant	Furious	Overwhelmed	Torn
Good	Distraught	Harassed	Panicky	Trapped
Grateful	Distressed	Hateful	Perplexed	Troubled
Gratified	Drained	Hostile	Petrified	Uncertain
Hopeful	Empty	Humiliated	Reluctant	Uncomfortable
Joyful	Exhausted	Incensed	Shaken	Undecided

Happy	Sad	Angry	Scared	Confused
Jubilant	Grievous	Irritated	Shocked	Unsettled
Justified	Helpless	Mad	Shy	Unsure
Loved	Hopeless	Offended	Skeptical	
Marvelous	Humbled	Outraged	Startled	
Optimistic	Inadequate	Patronized	Stunned	
Peaceful	Islanded	Peeved	Suspicious	
Pleased	Isolated	Perturbed	Swamped	
Proud	Lonely	Pissed Off	Tense	
Relaxed	Miserable	Provoked	Terrified	
Relieved	Mournful	Rebellious	Threatened	
Resolved	Neglected	Repulsed	Timid	
Respected	Pitiful	Resentful	Tormented	
Satisfied	Regretful	Ridiculed	Uneasy	
Terrific	Rejected	Sabotaged	Unsure	
Thrilled	Resigned	Seething	Vulnerable	
Tranquil	Sorrowful	Smothered		
Valued	Terrible	Spiteful		
	Unappreciated	Stifled		
	Uncared for	Strangled		
	Unloved	Throttled		
	Unwanted	Uptight		
	Upset	Used		
	Worthless	Vengeful		
	Wounded	Vindictive		

Handout

The Sensations List – Getting to Know Your Body and How It Embodies Stress

(adapted from the “The List of Sensations, Larisa Noonan, 2010)

This is a list of *sensations* or words based on the five senses (*taste, touch, sound, smell, sight*). Sensations are a good way to describe what’s going on in your body. The categories are very loose, but the objective is to give you more ways to describe what your body is experiencing.

Common sensations

- Tender
- Sensitive
- Bruised
- Achy
- Sore
- Tense
- Tight
- Nauseous

Cold end, *Ugh* and *Blah* sensations

- Cold
- Dark
- Dense
- Disconnected
- Dragging
- Draining
- Dull
- Empty
- Frozen
- Heavy
- Icy
- Hollow
- Numb
- Paralyzed
- Shattered
- Splitting
- Stiff
- Stuck

Sensations that move around

- Shaky
- Trembly
- Throbbing
- Pounding
- Fluttery
- Shivery
- Queasy
- Wobbly
- Bubbly
- Dizzy
- Spacey
- Breathless

Sensations with a nerve-quality

- Prickly
- Electric
- Tingling
- Nervy
- Twitchy
- Burning
- Radiating
- Referring
- Buzzy
- Itchy
- Burning
- Drawing
- Pounding
- Sensitive
- Sharp
- Sore
- Stabbing
- Stinging
- Throbbing
- Tight

Stabby-plus sensations

- Tense
- Tight
- Constricted
- Clenched
- Knotted
- Hot
- Full
- Sweaty

Sensations signaling well-being and vitality

- Calm
- Energized
- Smooth
- Streaming
- Warm
- Cool
- Relaxed
- Open
- Light
- Spacious
- Airy
- Releasing
- Expanded
- Expansive
- Flowing
- Floating
- Fluid
- Draining