

MYTH VS. FACT

Emotion Myths

Listed below are common myths about emotions.

Write a challenge to prove that these statements are myths and not facts.

1. There is a right way to feel in every situation

Challenge: _____

2. Feeling sad means that I am weak

Challenge: _____

3. It is wrong to feel angry

Challenge: _____

4. I have to yell when I am angry

Challenge: _____

5. Some emotions are stupid

Challenge: _____

6. If other people don't approve of my feelings, I should not feel that way

Challenge: _____

7. I'm supposed to be happy all the time

Challenge: _____

8. It is OK to ignore painful emotions

Challenge: _____