

LEADER ANSWERS

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: *There is no right way to respond to a situation. Everyone experiences situations differently.*

2. Feeling sad means that I am weak

Challenge: *Sadness is an important emotion and does not mean weakness.*

3. It is wrong to feel angry

Challenge: *It is normal to experience anger.*

4. I have to yell when I am angry

Challenge: *I can control my behaviors even if I am angry.*

5. Some emotions are stupid

Challenge: *All emotions are normal and important.*

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

Challenge: *I have a right to my emotions. Other people do not need to approve.*

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

Challenge: *No one feels happy all the time. It is normal to experience all emotions.*

8. It is OK to ignore painful emotions

Challenge: *Painful emotions often tell us about the situation. It is important to be aware of our emotions even if they are uncomfortable.*