



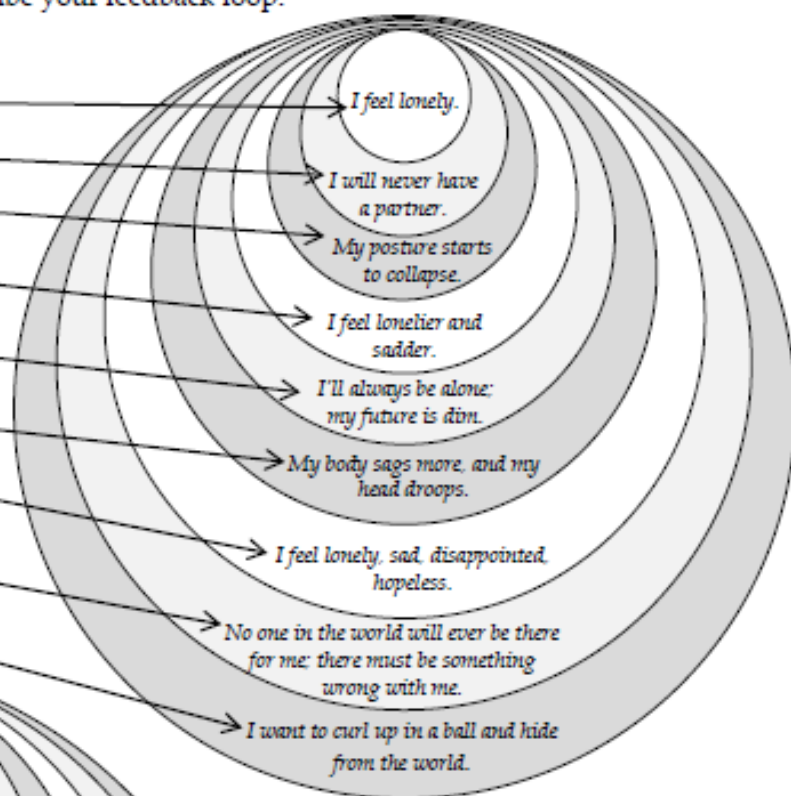
Making Sense of Emotions EMOTIONS, BELIEFS, & THE BODY

Purpose: To describe a negative feedback loop of emotions, thoughts, movements, and sensations that intensify your negative emotions, and to identify a resource to interrupt this loop.

Directions: Study the example below. Then identify an emotion you experience that leads to a feedback loop. Write the initial emotion in the small white circle. Fill out the rest of the circles with the thoughts (light gray), sensations and movements (dark gray) and emotions (white) to describe your feedback loop.

For example, a loop might go like this:

"Lonely" is the initial emotion,
which leads to a belief,
which causes a body movement.
The body movement and belief
intensify the original emotion,
which intensifies the belief
and further affects the
body's movement.
The emotions intensify more,
the beliefs become
even more negative,
and the movement develops,
leading to isolation.



Last, describe one resource you could implement to interrupt the negative feedback loop you illustrated on the left.

