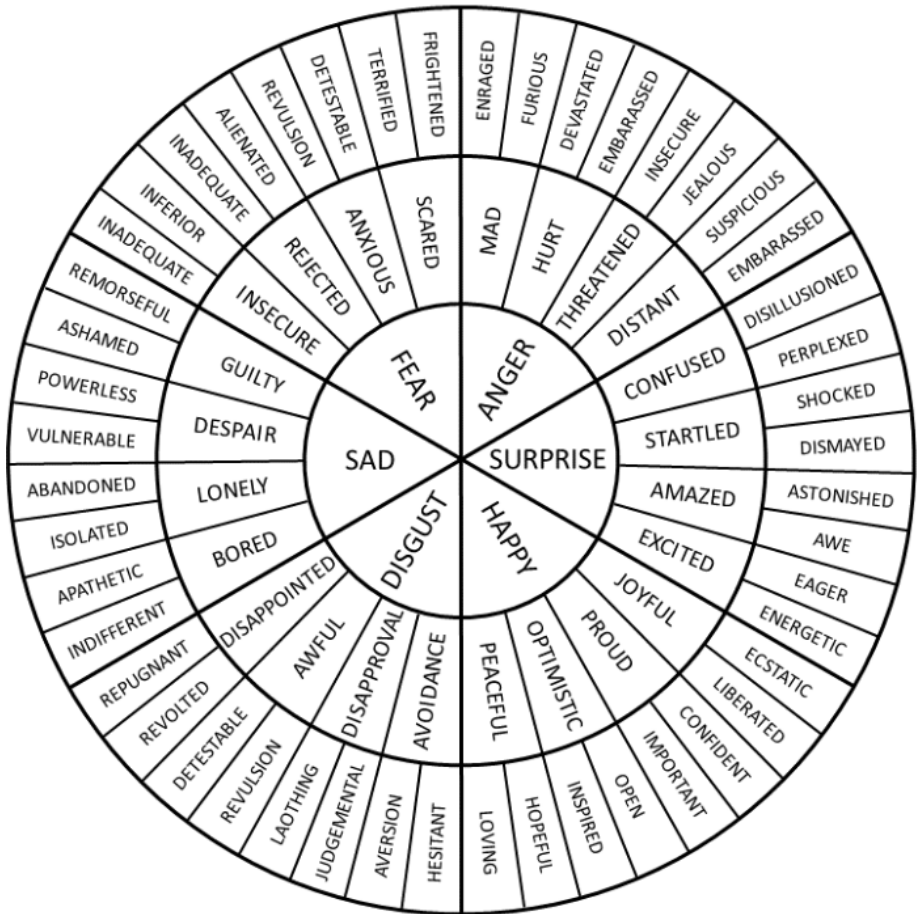


## Emotions

Plutchik developed this emotions wheel in the 1980s to show the wide array of emotions we can experience:



Emotions come on a spectrum and vary in intensity. For example:

### Low Intensity

Frustration

Peaceful

### Medium Intensity

Anger

OR

Happiness

### Severe Intensity

Rage

Joy

Emotions vary in duration. Sometimes they can be fleeting, passing by in what seems a moment. Other times they can feel persistent and like they are going to last forever.

*Tip:*

*Emotions can and do pass with time. There is some research that strong emotions last for around 90 seconds before gradually receding.*

Sometimes emotions are triggered by a thought, behaviour or event. Such as being anxious on your first day in a new job.

Sometimes we feel emotions without knowing the reasons why. But even in these cases the emotion had some sort of trigger.

Emotions can be pleasant or unpleasant to experience.

Emotions can have a powerful influence on our thoughts and behaviours.

*Tip:*

*'Lean into' uncomfortable emotions. Allow yourself to experience the emotion fully and know that the discomfort you experience will pass. This will build up your tolerance to these difficult emotions and in doing so also builds up your resilience.*

The problem a lot of the patients/service users I see have with emotions is identifying how they feel. You can't blame these people for struggling to identify how they feel. They were never taught what different emotions feel like and they weren't given the vocabulary to describe the intensity of different emotions.

Generally these people are able to tell me if the emotion feels good or bad, but that's it.

Increasing your emotional intelligence is key to long term recovery. We need to be able to identify how we feel, including the emotions intensity.

Luckily for us, emotions always come with thoughts and a physical response from our bodies. Here are some examples to help you understand your emotions:

<u>Emotion</u>	<u>Thoughts</u>	<u>Physical Sensations</u>
Anger	They really annoyed me. Why did they do that? How dare they.	A churning in your stomach. Feeling hot. Shaking.
Fear	I'm frightened. What's going to happen next? What am I going to do?	A pounding heartbeat. Sweating. Shaking.
Sadness	I'm never going to be happy again. I can't believe that that happened.	Crying. Tightness of the chest. The body feels heavy and sluggish.
Happiness	I like this. I am enjoying myself. Life is good. This is what life is about.	More relaxed. Slowed breathing rate. Everything including movement feels easier.
Excitement	I love this.	A feeling of

	This is going to be so good. I can't wait.	happiness rushing through your body. Smiling. Feeling energised. Unable to sleep.
Calmness	I can handle anything. I feel at peace.	Slower breathing rate and slower heartbeat. No feelings of tension in the body.
Loneliness	I miss... I wonder what X is doing now. I feel alone. Nobody cares.	You feel tense. Difficulty sleeping. May cry.
Boredom	I'm so bored. There's nothing to do. There is nothing that will entertain me.	Body will feel listless. Low energy levels.
Guilt	I shouldn't have done that. I wish I hadn't of... They are never going to forgive me for...	Knot in stomach. Sleep problems. Possible stomach pain.
Jealousy	Why haven't I got... Why don't they like me more...	A churning in your stomach. Feeling hot. Shaking.
Confident	I got this. I can do this. I can do anything that I set my mind to.	Stands tall. Broad smile. Calm and relaxed breathing rate.

What three emotions can you now identify in yourself that you couldn't before this chapter?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

What three emotions do you like to experience?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

*Tip:*

*You can make yourself more likely to experience these emotions by thinking about and doing activities that you associate with these emotions. E.g. If watching a certain film generally makes you feel happy, go watch that film.*

What three emotions do you not like to experience?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

*Tip:*

*You can avoid feeling these emotions that you don't like by avoiding thoughts or activities that you associate with these emotions.*

*Just remember with this: There are certain thoughts and activities that **have** to be done, regardless of what emotions they trigger in you.*

*Explore why those thoughts or activities make you feel negatively and see over time if you can change your emotional response to them.*

Dealing with our emotions can seem like a mammoth task. To recognise how far you have come, plan an event with friends to celebrate your achievements so far:

**Reward**

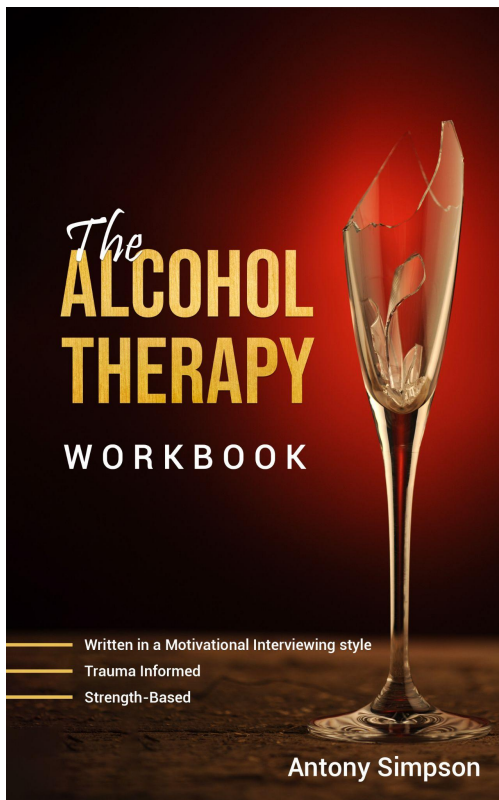
Date of my event: \_\_\_\_\_

What I will do: \_\_\_\_\_

\_\_\_\_\_

Who I will do it with: \_\_\_\_\_

\_\_\_\_\_



**The Alcohol Therapy**

**Workbook** is for anyone that is struggling with alcohol or has done so in the past.

It's unique to the market because:

- ★ It is written in a Motivational Interviewing style, one of the key therapies used to support people with alcohol issues.
- ★ It has been designed using a trauma-informed approach.
- ★ It is strength-based.

The author Antony Simpson is a Registered Nurse, a qualified Substance Interventions Practitioner, a Counsellor and a Youth Worker.

He has been working with people with dependency/addiction issues for well over a decade. He has put the interventions that are most effective into this book.

What you will find in this book is more than just worksheets about alcohol. You'll find all the tools someone needs to get into recovery from alcohol and stay there. It's a therapy-based book, not an alcohol-based book.

It is available to buy on Amazon at: <https://amzn.to/3MKL7in>