

Restoring The Soul Emotion



There are so many different theories about emotions and emotional health.

Caroline Leaf says that there are only 2 emotions that we have and every other emotion flows from these two.

1. _____

2. _____

Emotions are subjective because they are based on

1.

2.

3.

Understand your past experiences.

What experiences have shaped my emotions?

Know your triggers.

What things, situations, experiences trigger an emotional response?

Know your background music.

Dr. Aaron Beck believed that toxic emotions arise from 3 negative and incorrect beliefs.

1.

2.

3.

Albert Ellis' theory

A

B

C

