

Healthy Perspectives on Emotion

- **Emotions are neither good or bad**, right or wrong. Feelings just ARE. They exist. It is not helpful to judge your emotions.
- There is a difference between having an emotion and doing something or acting on the emotion.
- **Emotions don't last forever**. No matter what you're feeling, eventually, it will lift and another emotion will take its place.
- **When a strong emotion comes, you do not have to act** on your feeling. All you need to do is recognize the emotion and feel it.
- **Emotions are not facts**. When emotions are very powerful they feel just like "the truth".
- **You cannot get rid of emotions** because they serve important survival functions. Be willing to radically accept your emotions as they arise.