

<p style="text-align: center;">Unhealthy, Self-Defeating, Negative Emotions Have these Characteristics</p> <ul style="list-style-type: none"> • Likely to lead to <ul style="list-style-type: none"> ○ self-defeating behavior ○ statements & actions that are later regretted ○ impulsive, aggressive, excessive use of force to change Adversity; or failure to persist at addressing the Adversity ○ rumination • Provide feedback that what you want, desire & value is not occurring • Derive from rigid demands or extreme attitudes • Unhealthy Negative Emotions undermine your <ul style="list-style-type: none"> ○ ability to have some happiness for as long as the adversity exists ○ ability to adapt & cope with your problems ○ ability to view future events objectively, that is subsequent thinking is can be biased 	<p style="text-align: center;">Healthy, Self-Helping Negative Emotions Have these Characteristics</p> <ul style="list-style-type: none"> • Likely to lead to <ul style="list-style-type: none"> ○ self-helping, constructive behavior ○ well-planned behavior & well-executed behavior ○ persistent & assertive behavior to address Adversity ○ healthy reflection without rumination • Provide feedback that what you want, desire & value is not occurring • Derive from flexible preferences and non-extreme attitudes • Healthy Negative Emotions allow for <ul style="list-style-type: none"> ○ some happiness despite the existence of the adversity ○ adaption & coping to life's problems ○ subsequent thinking that is fair and balanced
<p style="text-align: center;">Emotional Disturbance Dysfunctional, Unhealthy Negative Emotions are:</p> <p style="text-align: center;">Anxiety</p> <p style="text-align: center;">Depression</p> <p style="text-align: center;">Guilt</p> <p style="text-align: center;">Shame</p> <p style="text-align: center;">Hurt</p> <p style="text-align: center;">Dysfunctional (unhealthy) anger</p> <p style="text-align: center;">Dysfunctional (unhealthy) jealousy</p> <p style="text-align: center;">Dysfunctional (unhealthy) envy</p> <p style="text-align: center;">Dysfunctional (unhealthy) regret</p>	<p style="text-align: center;">Non-Disturbed Emotions Functional, Healthy Negative Emotions are:</p> <p style="text-align: center;">Concern</p> <p style="text-align: center;">Sadness</p> <p style="text-align: center;">Remorse</p> <p style="text-align: center;">Disappointment</p> <p style="text-align: center;">Sorrow</p> <p style="text-align: center;">Functional (healthy) anger</p> <p style="text-align: center;">Functional (healthy) jealousy</p> <p style="text-align: center;">Functional (healthy) envy</p> <p style="text-align: center;">Functional (healthy) regret</p>

Emotion

Thematic Subject Matter

Unhealthy Anxiety &
Healthy Concern

A threat to your comfort, safety, or ego or
threat to the comfort, safety or ego of a
significant other

Unhealthy Depression &
Healthy Sadness

A loss, failure, or undeserved plight of self or
other

Unhealthy Guilt &
Healthy Remorse

Breaking a moral code, failing to live up to a
moral code, "hurting" someone; failing to do
good or helpful acts

Unhealthy Shame &
Healthy Disappointment

Falling very short of our ideal; being public
judged for falling short of a standard

Unhealthy Hurt &
Healthy Sorrow

Someone important to us demonstrating that
they are investing less in our relationship than
we have invested, treating us badly or
reciprocating with less than what we believe
is our due

Unhealthy Anger & Healthy Anger

Being obstructed, someone (including
ourselves) transgressing
our rules, someone threatening our self-
esteem

Unhealthy Jealousy & Healthy
Jealousy

Someone posing a threat to a meaningful
relationship that we have

Unhealthy Envy & Healthy Envy

Someone possessing what we prize but do
not have

Unhealthy Regret & Healthy Regret

Acknowledging alternative choices and
behavioral paths one could have taken which
may have produced superior results to the
one chosen

