

## FEELINGS + THOUGHT = EMOTION

| Feeling         | Thought                    | Emotion            |
|-----------------|----------------------------|--------------------|
| Unsafe / Unease | This is wrong              | Anger / Resentment |
| Unsafe / Unease | Too bad                    | Sadness / Grief    |
| Unsafe / Unease | You are mine, I control    | Controlling Love   |
| Unsafe / Unease | This is terrible           | Fear               |
| Unsafe / Unease | This is right              | Joy                |
| Unsafe / Unease | What if . . .?             | Worry / Anxiety    |
| Unsafe / Unease | It is my fault, I am wrong | Shame              |