

# EMOTIONS





The character in this book goes by the name of Jelly Bean, a nickname that she acquired in her childhood, due to a penchant for all things sugary, naturally including jelly beans. Her real name is Jemima Bean.

She has had her own personal struggles throughout her life and in this, her first foray into the public demeanour, she sets the stage for becoming a spokeswoman for mental health.

Because mental health problems are not gender specific, it would be remiss of me not to introduce you to Joe! Joe is the male character in this book.

Joe is a boy that Jelly Bean has met many times. Unlike Jelly, as I often call her, he does not open up about the way he feels and yet it has no bearing on the fact that he experiences the same emotions that she does. Jelly Bean hopes that one day Joe will open up to her but for now she makes do with the odd hello.

The biggest killer for men under 45 in the UK is suicide. In this book Joe sets the stage for becoming a spokesman for men struggling with their mental health.



# THE WHITE Dog



For many years the black dog has been a metaphor for Depression. Some say that the term was coined by Winston Churchill, however there is much information to support the fact that The Black Dog goes way back before Winston was a twinkle in his mothers eye.  
It may go as far back as the 12th century!

I have wanted to introduce the antithesis to the Black Dog for many years and here is my opportunity. "THE WHITE DOG" I have a white dog, in fact I have had three and in different ways my white dogs have saved my life, but enough about me. As we know this book is about Jelly and Joe and it also introduces The White Dog who will be more evident in my future publications and on my website. The white dog will be a metaphor for self care through difficult times .He will teach us that our feelings are consequences of the way we think. He will be supportive and he will teach us about HEALTHY NEGATIVE EMOTIONS and help us bear what we sometimes consider to be UNBEARABLE.  
He will teach us not to AWFULIZE.

Best of all he will teach us ACCEPTANCE!!



In spite of popular culture telling us all to be positive, it is not realistic! Negative things happen in life and our responses to those events will be negative. This is entirely appropriate. However there is a huge difference between unhealthy negative emotions and healthy negative emotions.

As a psychotherapist, I teach people that whilst healthy negative emotions are appropriate, unhealthy negative emotions can lead to poor mental health.

On the left hand side of this book, the unhealthy negative emotions are explained. Our aim is to move towards the healthy negative emotions on the right side of the book.

I have created this little book to illustrate the difference between the healthy and unhealthy emotions.  
I hope it's helpful.

Karen X

# Glossary

## INFERENCE

An Inference is a hunch that goes beyond the available information at hand.

## COGNITIVE CONSEQUENCE

A Cognitive Consequence is thinking that occurs when you are experiencing a strong emotion.

## ACTION TENDENCY

An Action Tendency is an action, or an urge to act that is driven by the experiencing of a strong emotion.

# UNHEALTHY ANXIETY



## INFERENCE

- You perceive a threat or danger.

## COGNITIVE CONSEQUENCE

- You underestimate your ability to cope with the threat.
- You create an even bigger threat in your mind.
- You have more task irrelevant thoughts.

## ACTION TENDENCIES

- You withdraw physically from the threat.
- You withdraw mentally from the threat.
- You ward off the threat (e.g. superstition).
- You tranquilise your uncomfortable feelings.
  - You seek reassurance.

# HEALTHY CONCERN



## INFERENCE

- You perceive a threat or danger.

## COGNITIVE CONSEQUENCE

- You view the threat realistically.
- You are realistic about your ability to deal with the threat.
- You do not create an even bigger threat in your mind.
- You have task relevant thoughts.

## ACTION TENDENCIES

- You face up to the threat.
- You deal with the threat constructively.

# UNHEALTHY DEPRESSION



## INFERENCE

- Loss with implications for the future.
- Failure.

## COGNITIVE CONSEQUENCE

- You only see negative aspects of the loss or failure.
- You think of other losses and failures from the past.
- You think you are unable to help yourself (helplessness).
- You only see pain and blackness in the future (hopelessness).

## ACTION TENDENCIES

- You withdraw from reinforcements.
  - You withdraw into yourself.
- You create an environment which is consistent with your feelings.
- You try to terminate feelings of depression in self defeating ways.

# HEALTHY SADNESS



## INFERENCE

- Loss with implications for the future.
- Failure.

## COGNITIVE CONSEQUENCE

- You are able to see both negative and positive aspects of the loss or failure.
- You are less likely to think of past losses and failures.
- You are able to help yourself.
- You are able to look into the future with hope.

## ACTION TENDENCIES

- You seek out reinforcements after a period of mourning.
- You express feelings about the loss or failure and talk to your support network.

# UNHEALTHY GUILT



## INFERENCE

- Violation of moral code.
- Failure to live up to moral code.
- Hurts the feelings of a significant other.

## COGNITIVE CONSEQUENCES

- You assume that you have definitely committed a sin.
- You assume more responsibility than the situation warrants.
- You assign far less responsibility to others than is warranted.
  - You do not think of mitigating factors.
- You think that you will receive retribution.

## ACTION TENDENCIES

- You escape from the unhealthy pain of guilt in self defeating ways.
  - You beg the person involved for forgiveness.
- You promise unrealistically that you will never sin again.
  - You punish yourself physically or by deprivation.
- You don't take responsibility for your wrong doing.

# HEALTHY REMORSE



## INFERENCE

- Violation of moral code.
- Failure to live up to moral code.
- Hurts the feelings of a significant other.

## COGNITIVE CONSEQUENCE

- You consider your behaviour in context with understanding and compassion.
- You assume appropriate levels of personal responsibility.
- You take into account mitigating factors.
- You do not think you will receive retribution.

## ACTION TENDENCIES

- You ask but do not beg for forgiveness.
- You understand the reasons for your wrongdoing and act on your understanding.
- You atone for your sin by taking a penalty.
- You make appropriate amends.
- You take responsibility for your behaviour and do not become defensive.



# UNHEALTHY HURT



## INFERENCE

- Others treat you badly (You are undeserving).

## COGNITIVE CONSEQUENCE

- You overestimate the unfairness of the other person's behaviour.
- You perceive the other person as showing lack of care or indifference.
  - You see yourself as alone, uncared for or misunderstood.
  - You tend to think of past hurts.
- You think the other person has to put things right of his own accord first.

## ACTION TENDENCIES

- You shut down communication with the other person.
- You criticise the other person without disclosing what you feel hurt about.

# HEALTHY DISAPPOINTMENT



## INFERENCE

- Others treat you badly (You are undeserving).

## COGNITIVE CONSEQUENCE

- You are realistic about the unfairness of the other person's behaviour.
- You see the other person as acting badly, rather than uncaring or indifferent.
- You do not see yourself as alone, uncared for or misunderstood.
- You are less likely to think of past hurts when hurt.
- You do not think the other person has to make the first move to put things right.

## ACTION TENDENCIES

- You communicate your feelings directly to the person who has hurt you.
- You influence the other person to act in a fairer manner.

# UNHEALTHY JEALOUSY



## INFERENCE

- You perceive a threat to your relationship from another person.

## COGNITIVE CONSEQUENCE

- You see a threat to your relationship where none exists.
- You think the loss of your relationship is imminent.
- You misconstrue your partner's ordinary conversations as having romantic or sexual connotation.
- You construct visual images of your partner's infidelity.

## ACTION TENDENCIES

- You seek constant reassurance that you are loved.
- You monitor the actions, feelings and whereabouts of your partner.
- You search for evidence that your partner is involved with someone else.
- You try to restrict the activities or movements of your partner.
- You set tests for your partner.
- You retaliate.
- You sulk.

# HEALTHY JEALOUSY



## INFERENCE

- You perceive a threat to your relationship from another person.

## COGNITIVE CONSEQUENCE

- You don't see a threat to your relationship where there isn't one.
- You don't imagine that the loss of your relationship is imminent.
- You don't misconstrue your partner's ordinary conversations with others as having romantic or sexual connotation.
- You don't construct visual images of your partner's infidelity.
- You accept that your partner will find others attractive without seeing this as a threat.

## ACTION TENDENCIES

- You give up seeking reassurance that you are loved.
- You allow your partner freedom without monitoring his or her actions, feelings and whereabouts.
- You allow your partner to show a natural interest in others without setting tests.

# UNHEALTHY SHAME



## INFERENCE

- Something shameful has been revealed about you either by you or someone else.
- Others will look down on you or shun you.

## COGNITIVE CONSEQUENCE

- You overestimate the shamefulness of the information revealed.
  - You overestimate other people's interest in the information.
  - You overestimate the degree of disapproval you will receive.
  - You overestimate the length of time the disapproval will last.

## ACTION TENDENCIES

- You remove yourself from the gaze of others.
  - You isolate yourself from others.
  - You attack whoever has shamed you.
- You defend your self esteem in self defeating ways.
  - You ignore help to restore social equilibrium.

# HEALTHY REGRET



## INFERENCE

- Something shameful has been revealed about you either by you or someone else.
- Others will look down on you or shun you.

## COGNITIVE CONSEQUENCE

- You see information revealed with compassion and acceptance.
- You are realistic about other people's interest in the information.
- You are realistic about the amount of disapproval you will receive.
- You are realistic about the amount of time the disapproval will last.

## ACTION TENDENCIES

- You continue to participate in social interaction.
- You respond to attempts by others to restore social equilibrium.

# UNHEALTHY ENVY



## INFERENCE

- Somebody possesses something desirable that you wish for and don't have.

## COGNITIVE CONSEQUENCE

- You tend to denigrate the value of the desired possession.
- You try to convince yourself that you are happy with your possessions.
  - You think about how to acquire the desired possession regardless of whether it is useful to you or not.

## ACTION TENDENCIES

- You disparage the person who has the desired possession verbally.
  - You disparage the possession verbally.
- You take away the possession from the other person either to have it yourself or to deprive the other person from having it.
- You spoil or destroy the desired possession so that the other person does not have it.

# HEALTHY ENVY



## INFERENCE

- Somebody possesses something desirable that you wish for and don't have.

## COGNITIVE CONSEQUENCE

- You honestly admit to yourself that you want the desired possession.
- You do not try and convince yourself that you are happy with your possessions when you are not.
- You think about how to obtain the desired possessions because you want it for healthy reasons.
- You can allow the other person to have the desired possession without denigrating the possession or the person.

## ACTION TENDENCIES

- You obtain the desired possession if that is what you truly want.

# UNHEALTHY ANGER



## INFERENCE

- Frustration.
- A personal rule has been transgressed by yourself or someone else.
- A threat to your self esteem.

## COGNITIVE CONSEQUENCE

- You overestimate the extent to which the other person has acted deliberately.
- You see yourself as definitely right and the other person as definitely wrong.
  - You see malicious intent in the motive of the other person.
  - You are unable to see the other person's point of view.
  - You plot to exact revenge.

## ACTION TENDENCIES

- You attack the other person physically.
  - You attack the other person verbally.
- You attack the other person passive aggressively.
  - You recruit allies against the other person.

# HEALTHY ANNOYANCE



## INFERENCE

- Frustration.
- A personal rule has been transgressed by yourself or someone else.
- A threat to your self esteem.

## COGNITIVE CONSEQUENCE

- You do not overestimate the extent to which the other person has acted deliberately.
- You do not see yourself as definitely right and the other person as definitely wrong.
- You do not see malicious intent in the motive of the other person.
- You are able to see the other person's point of view.
- You do not plot to exact revenge.

## ACTION TENDENCY

- You are assertive with the other person.
- You request, but do not demand change, from the other person.

JELLY-BEAN.CO



"People are not disturbed by things, but  
by the views they take of them"

Epictetus



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