**Helpful or Hurtful Emotions**

**Leading to**

**Making Sense or Nonsense Belief**

Sometimes the best way to understand what works and what does not work is to clearly lay it out for comparison. Below you will find a list of helpful and hurtful emotions and the types of thoughts associated with them.

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| Emotion | Helpful or Hurtful Emotion | Type of associated belief |
| Anxiety | Hurtful | Nonsense |
| Concern/apprehension | Helpful | Makes Sense |
| Depression | Hurtful | Nonsense |
| Sadness/Disappointment | Helpful | Makes Sense |
| Anger | Hurtful | Nonsense |
| Annoyance | Helpful | Makes Sense |
| Guilt | Hurtful | Nonsense |
| Remorse | Helpful | Makes Sense |