

Difficult Emotions

Identifying and Understanding Difficult Emotions

Difficult emotions are those that no one likes to feel. You can feel a difficult emotion for a short period of time (a few minutes) or a very long period of time (several months). If you break or damage an item you care about, you may feel frustrated for a few minutes. If someone you love passes away, you may feel sad for many months.

Think of a time recently when you experienced a difficult emotion for a short period of time. What happened? What emotion were you feeling?

Think of a time recently when you experienced a difficult emotion for a long period of time. What happened? What emotion were you feeling?
