

Aid Sheet for Control of Emotions (Psychological Consequences)

(Examples include, but are not limited to):

Impaired sense of self (or the development of identity):

- Who am I?
- What are my values?
- Who do I want as friends or as a lovers?
- What am I feeling?/ What are my feelings? (self-esteem?)

Fear of Loss of Control:

- You may feel that you might not be able to control your body
- You may feel that you might not be able to control on what you'll say
- You may become very self-conscious among people.

Easily agitated or irritated:

- Feeling agitated and irritated by people, tasks, work and all aspects of life.

Easily startled

-pretty clear-

Feelings of paranoia:

- Paranoia is a mental state where a person is suspicious without reason
- Person may feel isolated and unable to depend upon or trust anyone else.
- Might feel suspicious of other people's actions and motivations, that everyone has a hidden agenda concerning you.
- May become irrationally jealous of a partner, or suspect that a relative is trying to poison you.
- Feelings of being watched or followed are common,
- In extreme cases person might think that their thoughts are being monitored or that their home is bugged.

Spells of terror or panic

- indicates states of extreme fear
- Suddenly scared for no reason
- Afraid you will fall out of the window or of the cliff
- Trembling feeling that something very bad is going to happen to you
- Thoughts or images of frightening nature

Feelings of depression

- Feeling sad
- Feeling "blue"
- Feeling down in the dumps

- Blah

Feelings of shame or guilt

- Feelings of embarrassment, blame and responsibility for negative circumstances that have befallen yourself or others.
- Feelings of regret for your real or imagined misdeeds, both past and present.
- Sense of remorse for thoughts, feelings or attitudes that were or are negative, uncomplimentary or non-accepting concerning yourself or others
- Feelings of obligation for not pleasing, not helping or not placating another
- Feelings of bewilderment and lack of balance for not responding to a situation in the "correct way."
- Feelings of loss for not having done or said something to someone who is no longer available to you.
- Accepting of responsibility for someone else's misfortune or problem because it bothers you to see that person suffer.

Persistent anxiety:

- Excessive Worry
- Tension, Edginess, & Irritability
- Insomnia, Disturbed Sleep
- Fatigue
- Difficulty Concentrating
- Rapid Heartbeat (Palpitations)
- Shakes, Chills, & Hot Flashes
- Nausea, Diarrhea, & Stomach Pain
- Chest Pain, Shortness of Breath
- Headaches, Muscle Aches, & Back Pain

Anxiousness or feelings of fear and dread

- Going back to work on Monday
- finally doing an unpleasant task that we put off for weeks
- losing a job
- making the mortgage payment and the increasing cost of food and utilities

Feelings of discouragement

- Self-limiting and self-defeating thoughts
- I'll never get out of this mess
- I'm too stupid to learn these things
- I must have done something terrible to deserve this!

- There's no point in going any farther.
- This is definitely hopeless.

Withdrawal or social isolation

-Pretty clear-

Feeling others not appreciating your difficulties

-Pretty clear-

Feeling everything is an effort

- Just can't get going
- having trouble keeping your mind on what you are doing

Feeling inept or worthless

- I hate my life,
- I'm not good enough,
- I don't deserve love,
- I'm ashamed of my body,
- I'm so scared,
- I can't go on ...",

Laughing or crying without apparent cause

-Pretty clear-

Worrisome thoughts won't leave your mind

-Pretty clear-