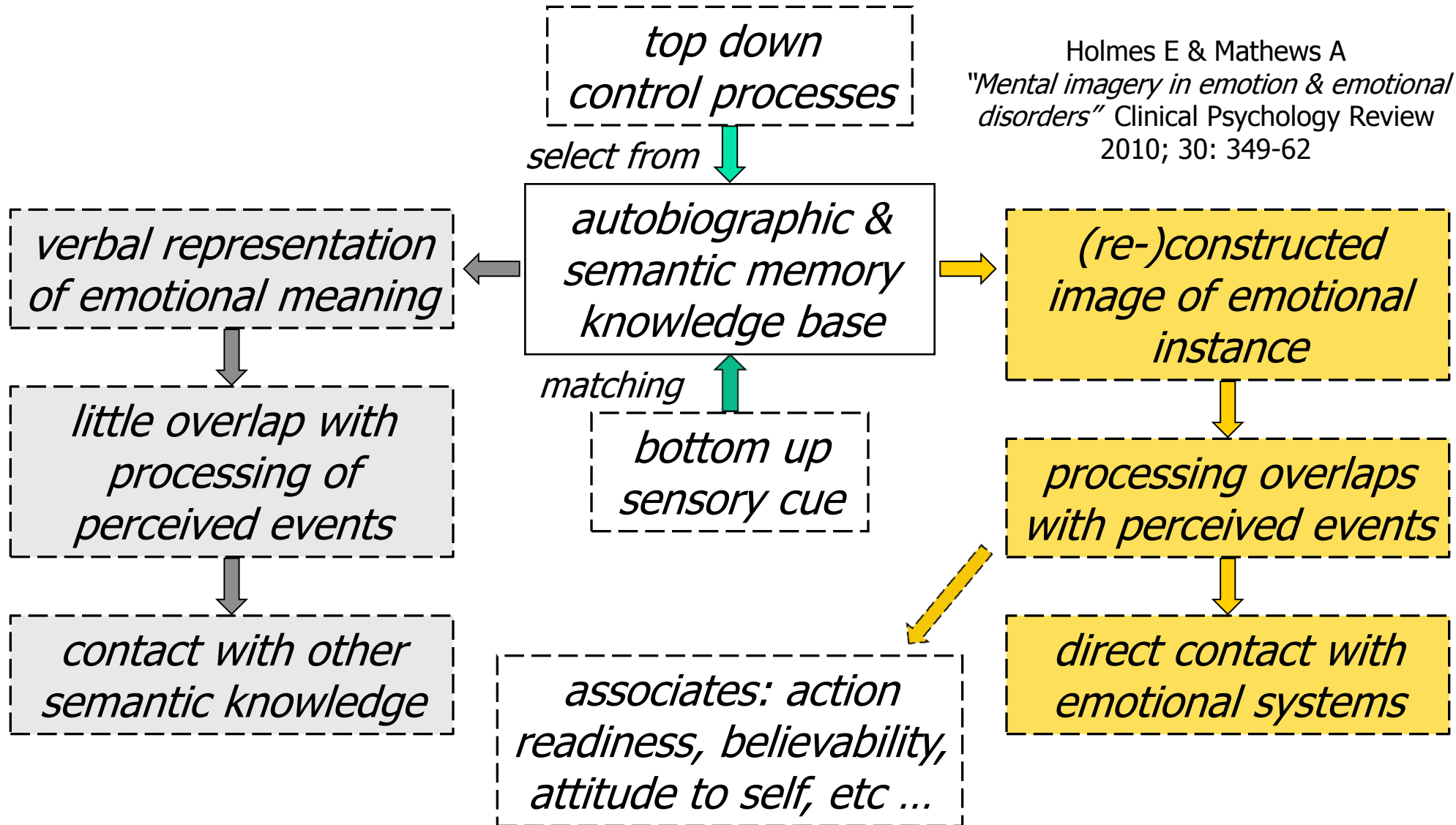


# verbal representation v's imagery construction and their relative impact on emotions

Holmes E & Mathews A  
"Mental imagery in emotion & emotional disorders" Clinical Psychology Review  
2010; 30: 349-62



# image/memory/emotion overlap

*sensory experience  
and/or  
verbal description*



*memories*

*pictures, sounds,  
smells, tastes,  
posture, sensations*

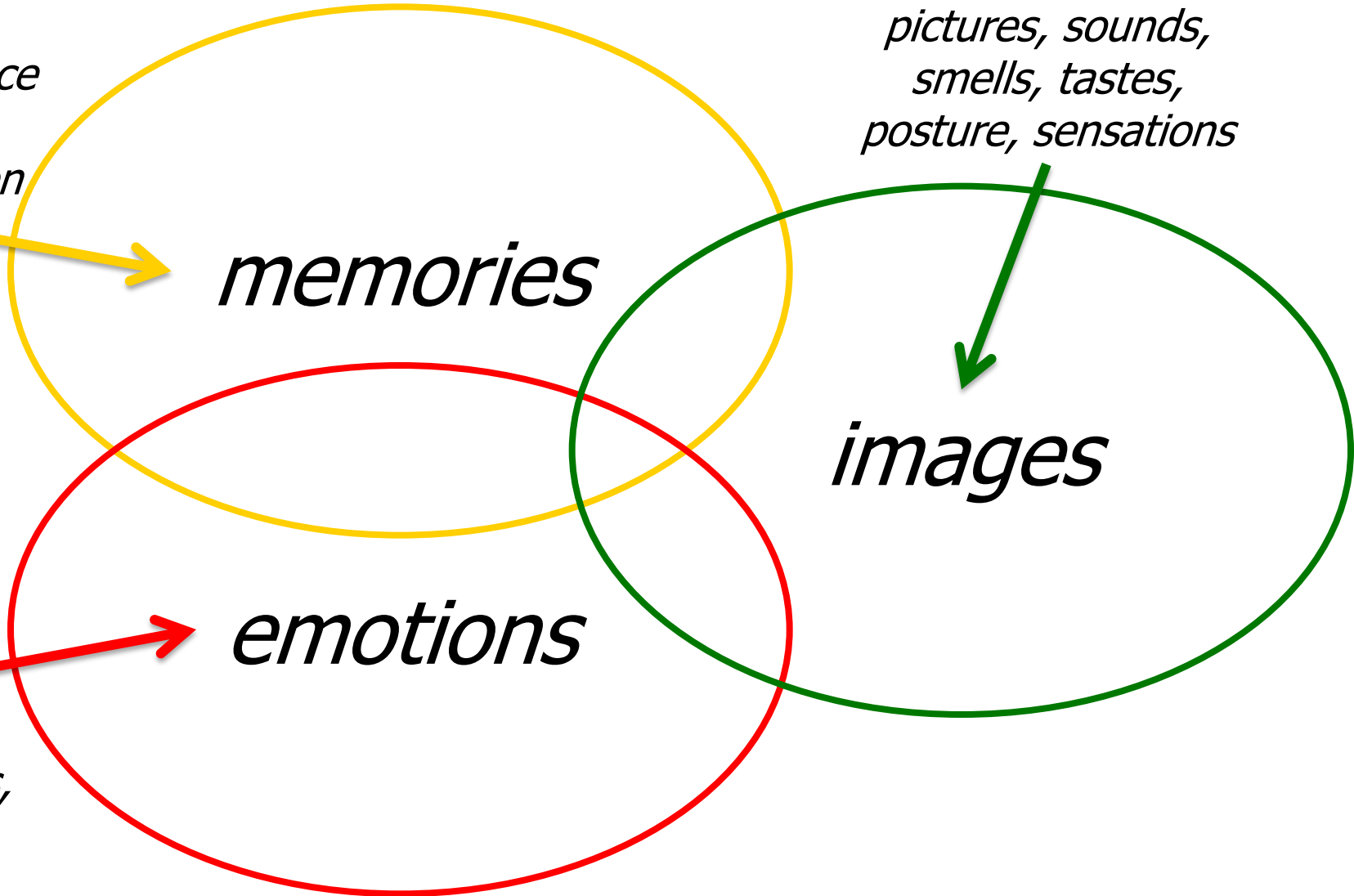


*images*

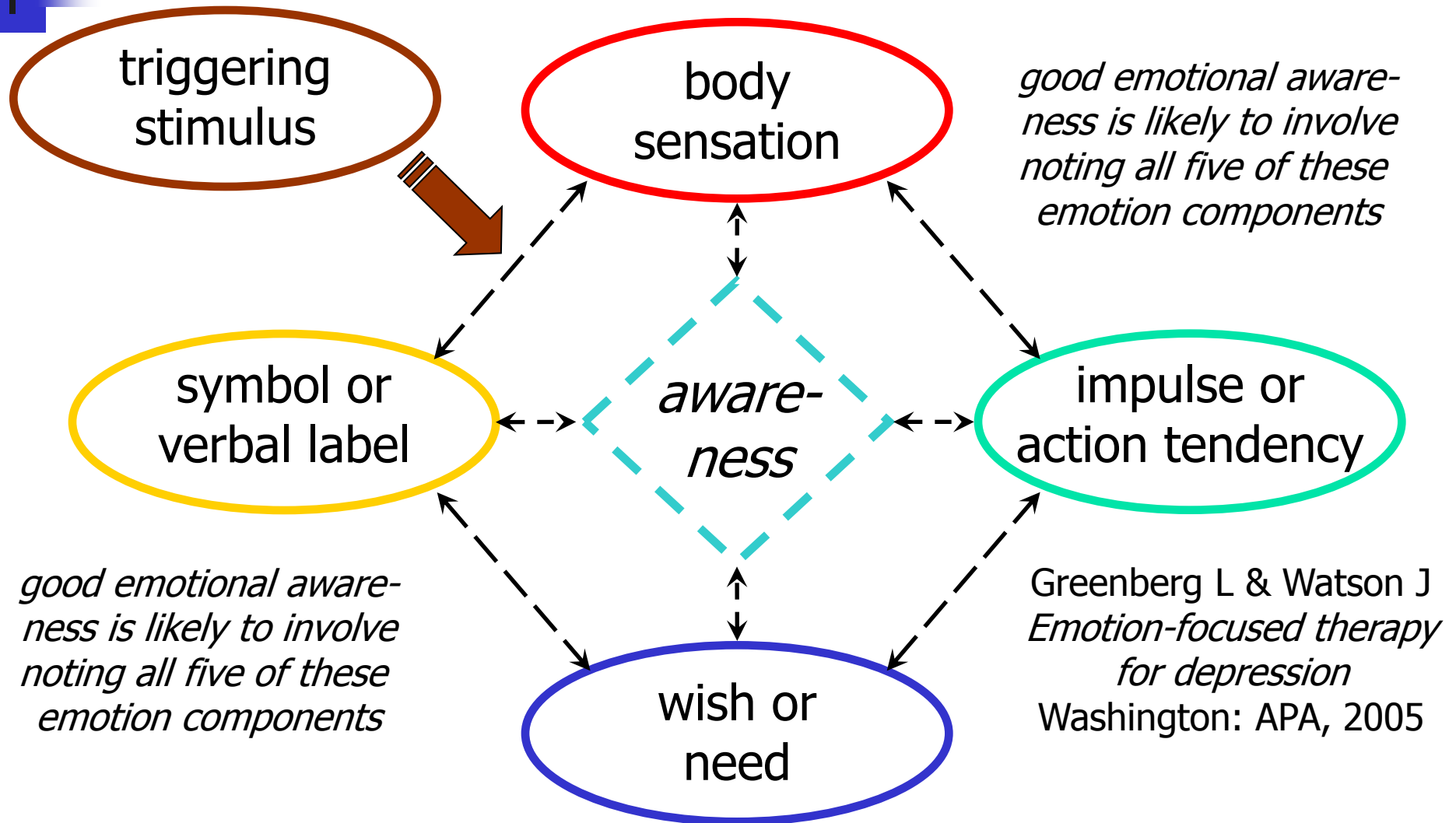


*emotions*

*feelings,  
impulses, needs,  
descriptions*



# five part emotional awareness



# not too little, not too much



*when emotions are 'over regulated' we are out of touch with a crucial source of information; we also lack colour & vitality in our relationships & in our enjoyment of life; it's as if we're watching our experience from the bank, rather than living it*

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*when emotions are 'under regulated' we too easily lose our footing and get swept away, so we're likely to be avoidant of emotions or at their mercy; either way emotions no longer serve us, they dominate & damage our relationships & our lives*

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*the aim, of course, is to be able to wade into the river of our emotional life without losing our footing; emotions then provide crucial information while giving our life colour, richness & meaning*

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# 'arriving' at the feelings

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***'arriving'***

***'leaving'***

- ✧ *becoming aware of what I'm feeling, both superficially and at deeper levels*
- ✧ *being able to accept, understand & integrate both so-called 'good' & so-called 'bad' emotions*
- ✧ *becoming skilled at describing verbally what I'm feeling – sensations, emotions & blends of emotions*

***what emotions  
am I feeling?***



# 'leaving' with the feelings

---

*'arriving'*

***'leaving'***

***what emotions  
am I feeling?***

- ✧ *does what I'm feeling seem to be adaptive & potentially helpful or is it maladaptive and likely to be unhelpful?*
- ✧ *if adaptive then allow the emotion to 'fuel' appropriate and constructive action*
- ✧ *if maladaptive then work to 'transform' the emotion rather than act from it in unhelpful & destructive ways*