

The Overwhelmed Brain

Unhappy All The Time

Shifting the Undertone of Negative Emotions

Introduction

What do you think and feel when *nothing* is going on in your life (nothing major at least)? Are you generally content, or do you find that you drift into unpleasant, unwanted or just plain miserable thoughts and feelings?

If you are carrying around with you the burden of overall unease, uncomfortableness, or plain and simple unhappiness, this worksheet is for you. However, you can still get a lot from this process if you're not in that space most of the time. It's a good learning exercise.

Use the questions in this worksheet to help you break apart your grip on reality so that you can question your *actuality*. In other words, as you answer the questions, you'll find what you believe to be true isn't necessarily so. This is always the case, but sometimes the dark cloud that follows you around isn't always what it appears.

Or even if it is exactly as it appears, we often believe we know just how it got there and why it doesn't go away. Though, sometimes we don't. Sometimes we just feel miserable more often than not and we're not sure why that is.

If you're feeling at all that undertone of unease or just overall miserableness, by the time you're done with this worksheet you'll have a better understanding of what led to those feelings and what might be keeping them alive today.

This exercise isn't designed to resolve problems, it's designed to help you break them into more manageable chunks so that you can work with them easier.

The Process

Just answer questions, that's it. The process will happen inside your mind as you go through the worksheet. If you need any help trying to identify the emotions, flip to the last sheet of this workbook for a quick reference of negative emotions.

Are You Ready?

Take a breath. And don't worry about anything, if you can't think of any answers, just come back to the question later. If you still can't think of any, they'll come when you aren't thinking so hard.

Good luck!

Exercise

1. Think about that undertone of negative feelings you carry around with you. What don't you like about it?

2. Still thinking about those negative feelings, why do you think they need to be there?

You may believe they don't need to be there at all, but let's just say it's a message.

What message is it trying to convey? (i.e. "I'm here to remind you of...", "I want to make sure you never forget...", "There's something you're not doing / saying...", etc)

3. List everything you've ever been afraid of but aren't afraid of anymore

You might find it a little challenging to remember what you *used* to be afraid of because once the brain feels safe, it doesn't need to recall it as something to watch out for. Out of sight, out of mind. Do your best regardless. Use the second column to explain how or why that fear disappeared.

I used to be afraid of...

I no longer had that fear when...

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5. What choice would you rather make when facing something you fear?

Using the list of fears you're still afraid of today, think of the choice you make when one of those fears comes up.

In most scenarios, your choices are:

- What you choose to do or say
- What you would rather do or say

For example, if you fear being yelled at by your boss, you'll probably make choices at work that give you the best chance of not being yelled at. These choices *override* what you really want to do therefore creating outcomes you don't necessarily want.

- A. Write down the following sentence on a piece of paper and fill in the blanks.

When my fear of _____ comes up, I choose to _____.

- B. Now below that sentence, write this one (again, filling in the blank):

If however, I were fearless and not afraid of the consequences, I would instead make the choice to _____.

- C. Here's the third one. Write it below the last:

I think the result of that choice would be... _____.

- D. Now this one:

However, what would *probably* happen is... _____.

- E. And finally, this last question:

What choice would my best friend tell me to make? _____.

Using the previous example, I'll write down steps A through E below to show you how this might look when you're done:

When my fear of **being yelled at by my boss** comes up, I choose to **be very quiet, then say "Yes sir, I'll get right on it."**

If I were fearless and not afraid of the consequences, I would instead make the choice to **tell him to show me some respect and I'll be happy to do anything he needs!**

I think the result of that choice would be **him yelling even louder and probably firing me.**

However, what would *probably* happen is **he'd take me into his office, scream his head off, then send me back to my desk because he really doesn't want to fire me.**

What choice would my best friend tell me to make? **She would tell me to stand up for myself and not take that kind of abuse.**

As you can tell, the paragraph can get quite lengthy so you may want just want to do it in your head. But, if you write it out, it will actually slow your thought processes down around the subject and allow you to think a bit more clearly.

No matter how you do it, this exercise will help you get a unique perspective from different angles. This is doing what I call "shaking up your reality". Sometimes we are so stuck on what we believe to be true that we don't explore any other possibilities and just assume our truth *is* truth.

Conclusion

This process will help you break things down, but not necessarily resolve and release bad feelings. However, when you don't have such a firm grip on what you believe is wrong (or if you have no idea why you feel the way you do most of the time), you probably learned something from this worksheet.

Remember that your unconscious mind can do all the work in the background so you don't have to think about too many things. When you dig around in there doing exercises like this, it gives your mind a chance to do some more processing and shifting. Sometimes, bad feelings get resolved on their own and you don't even know why. Just know that you don't have to consciously think about any of this.

That should give you a break!

I hope you received some value going through this process. I encourage you to be curious about your problems. Become your own therapist and ask yourself questions as a caring person who wants to learn more about you. As you ask these questions to yourself, you'll learn new ways of thinking that you may not have considered before. And because of that, you're bound to loosen things up during the process.

Who knows, maybe you'll even free something inside you giving you the relief you've been waiting for.

Thank you for using the Unhappy All The Time workbook. *You are amazing!*

Sincerely,

Paul Colaianni

[Personal Empowerment Coach](#)

Host of The Overwhelmed Brain

<http://theoverwhelmedbrain.com/>

Quick Reference of Negative Emotions

Read each word and ask yourself, "Am I carrying ____ with me?"
Fill in the blank with the name of the emotion.

For example: "*Am I carrying **anger** with me?*"

If your answer is yes and you'd like to change that feeling, find a piece of paper and write down what you are still carrying anger (or the emotion you are working with) about. Use the process in this worksheet to transform that emotion.

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|-------------------|-----------------------|---------------------|----------------|
| Anger | Disappointment | Hatred | Panic |
| Angst | Disgust | Horror | Rage |
| Anguish | Distrust | Hostility | Regret |
| Annoyance | Dread | Hurt | Remorse |
| Anxiety | Embarrassment | Hysteria | Sadness |
| Apathy | Envy | Indifference | Shame |
| Boredom | Fear | Jealousy | Shock |
| Contempt | Frustration | Loathing | Shyness |
| Depression | Grief | Loneliness | Sorrow |
| Despair | Guilt | Outrage | Worry |