

Appropriate and Inappropriate Expressions of Emotions

| Emotion | Appropriate Expression | Inappropriate Expression |
|------------|--|--------------------------|
| <i>Sad</i> | <i>Cry, journal, art, music, talk to someone</i> | <i>Eat/Restrict</i> |
| Mad | Set limits or boundaries, beat on pillows, scream or yell, exercise | Eat/Restrict |
| Fear | Cry, ask for help, relaxation, take a risk | Eat/Restrict |
| Glad | Laugh, dance, sing, revel in it | Eat/Restrict |