

Emotional Reasoning

(“I feel it, so it must be true.”)

1. What It Is (Simple Definition)

Emotional reasoning is when you **treat your feelings as facts**, assuming something is true just because you feel strongly about it—even if there is no evidence.

2. Common Signs

- Believing negative thoughts because they “feel real”
- Assuming emotions reflect reality
- Difficulty separating feelings from facts
- Feeling anxious ☐ assuming danger is present
- Feeling guilty ☐ assuming you did something wrong

- Feeling insecure ☐ assuming others judge you
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3. Everyday Examples

- “I feel useless, so I must actually be useless.”
 - “I’m anxious about this presentation, so it will definitely go badly.”
 - “I feel like people don’t like me, so they probably don’t.”
 - “I feel overwhelmed, so life must be impossible right now.”
 - “I feel something’s wrong—there must be a disaster coming.”
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4. How It Affects You

- Increases anxiety and fear
 - Makes situations seem worse than they are
 - Builds unnecessary self-doubt
 - Leads to poor decisions
 - Traps you in negative thinking cycles
 - Prevents objective judgment
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5. What Helps

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- Pause and ask:**
 - “What are the facts?”
 - “What evidence supports this thought?”
 - “Is my emotion exaggerating the situation?”

- Label the feeling:
 - “I’m feeling anxious, not actually in danger.”
- Separate facts from assumptions
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- Use grounding techniques (deep breathing, slowing down)
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- Write down what you feel vs. what is true
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- Practice self-compassion

6. When to Seek Help

Reach out to a mental health professional if emotional reasoning leads to:

- Constant fear or worry
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- Misjudging situations regularly

- Trouble functioning in daily life
- Low self-esteem or depression-like symptoms