

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

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.”

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
-

5. What Helps

- **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

-

Use grounding techniques (deep breathing, slowing down)

-

Write down what you feel vs. what is true

-

Practice self-compassion

6. When to Seek Help

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

-

Constant fear or worry

-

Misjudging situations regularly

-

Trouble functioning in daily life

-

Low self-esteem or depression-like symptoms