

13 Common Feeling Superstitions

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| 1 | People can transmit feelings into me. |
| 2 | People cause me to have feelings. |
| 3 | “It” (events, things) transmit feelings. |
| 4 | “It” causes me to have specific feelings. |
| 6 | Expressing feelings heals feelings. |
| 6 | Expressing feelings ends feelings. |
| 7 | Expressing feelings is coping with them. |
| 8 | Expressing feelings changes feelings. |
| 9 | Feelings must be expressed or else. |
| 10 | Feelings cannot be controlled. |
| 11 | Feelings cannot be regulated. |
| 12 | All feelings are good feelings. |
| 13 | I have to act the way that I feel. |

For more information read, *Stiffer*.