

SENTENCE COMPLETION TASK FOR PRIMING EMOTIONS

PASCUAL-LEONE, A. (2010), University of Windsor.

This task has 3 parts: Stems designed to facilitate (i) meaning making, (ii) identifying needs, and (iii) venting. Sentence stems were generated based on selecting verbatim examples of target emotions on the Classification of Affective Meaning States (Pascual-Leone & Greenberg, 2005), which could also be used as an adherence measure as needed.

The three different parts of this Sentence Completion Task for Priming Emotion can be used in isolation or in combination, depending on the objectives of a study or interventions and depending on the range of emotions one seeks to prime.

Examples of using selected emotion primes (i.e., only identifying need and priming assertive anger) within a clinical interventions can be found in:

Kramer, U. & Pascual-Leone, A. (revised & resubmitted). The role of maladaptive anger in self-criticism: A quasi-experimental study on emotional processes. *Counselling Psychology Quarterly*.

Validation of meaning making and venting primes in the context of an experimental study can be found in:

Rohde, K. B., Stein, M., Pascual-Leone, A. & Caspar, F. (in press). Facilitating emotional processing: An experimental induction of psychotherapeutically relevant affective states. *Cognitive Therapy and Research*, DOI 10.1007/s10608-015-9680-x

Other study examples, or free consultation on how to use this tool, is available by contacting:

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Below are (a) instructions that have been used in several of these contexts, (b) followed by each of the 3 sections, and then (c) also followed by instructions for an (optional) express writing task that is sometimes used to help elaborate the primed emotions. Finally, (d) Rohde et al. have also translated these sentence stems into German and that version followed.

TOPIC

In one sentence please name the issue of personal difficulty or crisis that you have identified to work on in this study:

SENTENCE COMPLETION TASK

Below are a series of incomplete sentence stems related to specific emotional themes. The purpose of these incomplete sentences is to help inspire you to include certain emotional themes (if they apply) when you eventually begin to write about your topic in the next section. Everything you write is strictly confidential.

Complete 2 or 3 sentences from each grouping, choosing the ones that best express your personal and real feelings as they apply to your personal concern or crisis.

MEANING-MAKING CONDITION

Assertive Anger (i.e., standing up for oneself) *(complete 2-3)*

- My anger is constructive because I
- I have a right to be assertive because I
- I deserved
- What was most unfair was
- I will not allow
- I will fight for

Grieving a loss *(complete 2-3)*

- What I miss is
- I'm sad about losing
- I felt hurt or wounded...
- I would have liked
- I'm starting to be able to let go of
- I try and make sense of what I have lost by....

Soothing and Comforting oneself *(complete 2-3)*

- When I feel badly about this topic, I tell myself
- To make myself feel better I
- Even though I feel sad or upset sometimes, I can still imagine
- My friends/family care for me by
- I imagine a better future by

IDENTIFYING NEEDS CONDITION

As you think about what was most difficult for you, or painful, consider what you needed most (or still need) in relation to the personal difficulty. (If you are unsure, try thinking about what you needed with respect to the criticisms you identified in the previous section).

Select one or more of the needs on the list below that best fits what was missing for you.

- 1) _____ recognition/affirmation
(admiration, praise, respect, have accomplishments recognizedí)
- 2) _____ approval/acceptance
(to be liked, to be believed iní)
- 3) _____ affiliation/affection
(love, tenderness, warmth, intimacy, friendship, belonging, co-operate, socializeí)
- 4) _____ support
(help, protection, emotional supportí)
- 5) _____ nurturance
(=mothering,soothing, validation, sympathyí)
- 6) _____ autonomy
(independence, freedom, avoid feeling confined or restrained, resist influence or coercioní)
- 7) _____ immunity from violation
(to preserve one's self respect, psychological distance, immunity from criticismí)
- 8) _____ joy, beauty, or playfulness in life

Please write 1 or 2 sentences to briefly explain or elaborate why you identified the above needs.

1. _____

2. _____

VENTING CONDITION

Distress and Sadness (*complete 2-3*)

- What upsets me isí
- I feel confused and lost whení .
- I wish I could get pastí
- I feel hopeless and discouraged whení
- I feel sad aboutí

Shame / Fear / Guilt (*complete 2-3*)

- I am embarrassed or ashamed ofí
- I feel emptyí
- I feel incompetent or worthless when...
- I am afraid ofí
- I feel lonelyí
- It's my fault thatí

Anger and Rage (*complete 2-3*)

- I'm upset and resentí
- I hateí .
- Sometimes I get so angry and fired up, I want toí
- I'm disgusted byí
- It's just really frustrating thatí

(OPTIONAL)
EXPRESSIVE WRITING TASK INSTRUCTIONS
TO ELABORATE PRIMED EMOTIONS

During the next 15 minutes, please write down your deepest thoughts and feelings about the most upsetting or traumatic experience of your entire life (i.e., the topic you have chosen for this study). In your writing, we'd like you to really let go and explore your very deepest thoughts and feelings. You might tie your topic to your relationships with others, including parents, lovers, friends, or relatives. You may also link this event to your past, present, or your future; or to who you have been, who you would like to be, or who you are now. Once you begin writing, continue to do so without stopping for the entire 15 minutes without regard to spelling, grammar, or sentence structure. All of your writings will be completely confidential.

During this writing session, we would like you to search your thoughts and feelings about the topic and, in particular, write about one or more of the following feelings:

- Assertive Anger (i.e., standing up for oneself)
- Grieving a loss
- Recovering from Hurt
- Soothing oneself/ Comforting oneself

(If it helps, you can use words or parts of your answers from the incomplete sentences above.)

{Begin writing for 15 minutes}

Rohde et al. (2015; on-line)
German translation of Sentence Completion task.

ÜBERSETZUNG DER SATZANFÄNGE VON PASCUAL-LEONE (2010)

VENTING CONDITION	
Distress and Sadness	
What upsets me isí	Es bringt mich wirklich durcheinander, dass... (aufregen = eher Ärger, s.u.) Es erschüttert mich, dass... Es macht mich einfach fertig, dass...
I feel confused and lostí .	Ich fühle mich durcheinander und verloren...
I wish I could get pastí	Ich wünscht, ich könnte darüber hinwegkommen...
I feel hopeless and discouraged whení	Ich fühle mich hoffnungslos, verzweifelt, entmutigt...
I feel sad aboutí	Ich fühle mich traurig...
Shame/Fear/Guilt	
I am embarrassed or ashamed ofí	Ich schäme mich dafür... Es ist mir wirklich peinlich...
I feel emptyí	Ich fühle mich leer...
I feel incompetent or worthless when...	Ich fühle mich unfähig und wertlos, wenn...
I am afraid ofí	Ich fürchte mich davor...
I feel lonelyí	Ich fühle mich einsam...
It's my fault thatí	Es ist meine Schuld, dass...
Anger and Rage	
I'm upset and resentí	Ich rege mich darüber auf...
I hateí .	Ich hasse...
Sometimes I get so angry and fired up, I want toí	Manchmal werde ich so wütend und aufgebracht, dass ich...
I'm disgusted byí	Es widert mich wirklich an... Ich bin empört...
It's just really frustrating thatí	Es ist einfach so frustrierend... Es nervt mich total...

Rohde et al. (2015; on-line) German translation con't

MEANING MAKING CONDITION	
Assertive Anger	
My anger is constructive because í	Mein Ärger ist förderlich, weil...
I have a right to be assertive because Í	Ich habe das Recht, zu verlangen... Ich habe das Recht, wütend zu sein, weil...
I deserved í	Ich hätte verdient...
What was most unfair was í	Am meisten unfair war...
I will not allow í	Ich werde es nicht zulassen, dass...
I will fight for í	Ich werde dafür kämpfen, dass... Ich werde mich dafür einsetzen, dass...
Grieving a loss	
What I miss is í	Ich vermisse...
I'm sad about losing í	Ich bin traurig über den Verlust von...
I felt hurt or wounded...	Ich fühle mich verletzt, ...
I would have liked í	Ich hätte es gemocht, ... Ich hätte mir gewünscht...
I'm starting to be able to ölet goö ofí .	Ich fange an, loslassen zu können...
I try and make sense of what I have lost by....	Ich versuche, dem Verlust einen Sinn zu geben...
Soothing and comforting oneself	
When I feel badly about this topic, I tell myself í	Wenn es mir wegen dem Thema schlecht geht, sage ich mir... Damit es mir besser geht, versuche ich...
To make myself feel better Í	Ich versuche, mich selbst zu trösten, indem...
Even though I feel sad or upset sometimes, I can still imagine í	Auch wenn ich traurig oder aufgebracht bin, kann ich noch daran denken, ... Obwohl ich manchmal traurig oder aufgebracht bin, kann ich mir vorstellen...
My friends/family care for me by í	Meine Freunde/Familie kümmern sich um mich, indem...
I imagine a better future by í	Ich stelle mir eine bessere Zukunft vor, indem...