

Example Form 9.2b: Countering Emotional Behaviors

Use this form to help you think of Alternative Actions for the emotional behaviors you would like to change. Use the first column to identify situations that bring up strong emotions and use the second column to note the emotions that typically come up in that situation. In the third column, write down the emotional behavior(s) you usually use. Finally, use the last two columns to brainstorm Alternative Actions and to consider the short-term and long-term consequences of engaging in a new behavior.

Situation/Trigger	Emotion(s)	Emotional Behavior	Alternative Action(s)	Consequences of Alternative Actions
Walking to class	Anxiety	Listen to music, worry about class	Mindfully pay attention to the things I <i>see</i> on my walk	Short term: Continue to feel anxious Long term: Experience less anxiety, enjoy the day
Have the thought that I left the stove on	Anxiety	Go home and check	Return to my task at work	Short term: Keep feeling uncomfortable Long term: More productive at work
Hear a song that reminds me of my ex	Sadness	Listen to the song over and over. Ruminates about what went wrong in the relationship	Listen to a new song, mindfulness	Short term: Tough to resist the temptation to wallow Long term: Don't wallow all day, do other things, feel proud of myself