

Example Form 9.2a: 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
Difficult conversation with parents	Guilt, anxiety, anger	Don't make eye contact, apologize excessively	Make eye contact, only apologize once (if warranted) and then hold my ground	Short term: Feel uncomfortable and worry about upsetting them Long term: Improve relationship with parents by advocating for myself
Talking to a more successful friend	Jealousy	Make snide comments about their achievement and deprecating comments about myself	Genuinely compliment them	Short term: Continue the conversation even though it's difficult Long term: Strengthen our friendship
Walking in a crowded grocery store	Anger	Jostle people, sigh loudly to indicate frustration	Walk slowly, smile at people, say hi	Short term: Feel frustrated Long term: Feel proud for not "losing it" at the store