

EMOTION REGULATION HANDOUT 10



(Emotion Regulation Worksheet 7)

Opposite Action

Use opposite action when your emotions do NOT fit the facts
or when acting on your emotions is NOT effective.

EVERY EMOTION HAS AN ACTION URGE.

CHANGE THE EMOTION BY ACTING OPPOSITE TO ITS ACTION URGE.

Consider these examples:

| EMOTION | ACTION URGE | OPPOSITE ACTION |
|----------------|--------------------|--|
| Fear | Run away/avoid | Approach/don't avoid |
| Anger | Attack | Gently avoid/be a little nice |
| Sadness | Withdraw/isolate | Get active |
| Shame | Hide/avoid | Tell the secret to people who will accept it |

HOW TO DO OPPOSITE ACTION, STEP BY STEP

Step 1. IDENTIFY AND NAME THE EMOTION you want to change.

Step 2. CHECK THE FACTS to see if your emotion is justified by the facts.

Check also whether the intensity and duration of the emotion fit the facts.

(Example: "Irritation" fits the facts when your car is cut in front of; "road rage" does not.)
An emotion is justified when your emotion fits the facts.

Step 3. IDENTIFY AND DESCRIBE YOUR ACTION URGES.

Step 4. ASK WISE MIND: Is expression or acting on this emotion effective in this situation?

If your emotion does not fit the facts or if acting on your emotion is not effective:

Step 5. IDENTIFY OPPOSITE ACTIONS to your action urges.

Step 6. ACT OPPOSITE ALL THE WAY to your action urges.

Step 7. REPEAT ACTING OPPOSITE to your action urges until your emotion changes.