





# Emotion Regulation Skill

# Opposite Action

Helps you to change your emotions when they do not fit the facts or when acting on your emotion is not effective

When an emotion is doing more harm than good, practice **Opposite Action** by acting opposite to the usual behavior associated with the emotion. This can help you change your emotion.

Emotion	Common Behaviors	Opposite Action
 Angry	Attack, Yell, Argue	Gently avoid, Talk quietly and politely
 Sad	Withdraw, Isolate	Get active, Interact with others
 Fear/Anxiety	Escape, Avoid	Approach, Gradual exposure
 Envy	To destroy what someone has	Be grateful for what you have, Be kind and generous



## 7 Steps For Opposite Action

1. Think about the emotion you want to change.
2. Identify the action urge or behavior that goes with the emotion.
3. Check The Facts, does your emotion fit the facts? If yes, ask your Wise Mind will acting on the emotion be effective?
4. Ask Wise Mind, do I want to change this emotion?
5. Identify the opposite actions to your emotion's urge.
6. Do the opposite action All The Way, which means with opposite behavior, thoughts, words, facial expression, voice tone, and posture.
7. Repeat the opposite actions until your emotion changes.

# Action Emotion And Will

**Puja Mehta**



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