

Opposite Actions Worksheet

Name: _____ Date: _____



Identify the emotion

What difficult emotion are you experiencing right now?

Emotion:

Intensity (1-10):

Understand your emotion

Physical sensations:

Thoughts that come with this emotion:

Action urges (what this emotion makes you want to do):

Does the emotion fit the facts?

Situation that triggered the emotion:

Is this emotion justified by the facts of the situation? Check one:

- ☐ Yes (Emotion fits the facts) → Consider problem-solving instead
- ☐ Partly (Emotion is stronger than warranted) → Try opposite action for the part that doesn't fit
- ☐ No (Emotion doesn't fit the facts) → Use opposite action

Identify and practice opposite action

Emotion	Action urge	Opposite action	How I'll practice
Fear/anxiety	Avoid, escape	Approach, engage	
Anger	Attack, blame	Be gentle, find empathy	
Shame	Hide, isolate	Share, connect	
Sadness	Withdraw, shut down	Get active, reach out	
Guilt	Punish self, apologize excessively	Make amends and move forward	

My specific opposite action plan:

Reflect on results

What happened when you tried the opposite action?

How did your emotion change? (intensity 1, lowest - 10, highest):

☐ 1 2 3 4 5 6 7 8 9 10

What did you learn?

Reminders

- Opposite action doesn't mean ignoring or suppressing emotions.
- Be gentle with yourself - this takes practice.
- Continue until the emotion changes or lessens in intensity.
- Reach out to your therapist if you need support.