

DISGUST

FITS THE FACTS of a situation whenever:

- Something you are in contact with could poison or contaminate you.
- Somebody whom you deeply dislike is touching you or someone you care about.
- You are around a person or group whose behavior or thinking could seriously damage or harmfully influence you or the group you are part of.



When your Disgust is **NOT JUSTIFIED** by the facts, or when acting on the emotion urge would **NOT BE EFFECTIVE**, use **OPPOSITE ACTION**

Action Urge: Avoid

Opposite Action: Move Closer

OPPOSITE ACTIONS FOR DISGUST:

Do the OPPOSITE of your Disgust action urges.

Example:

1. **MOVE CLOSE.** Eat, drink, stand near, or embrace what you found disgusting.
2. **BE KIND** to those you feel contempt for; step into the other person's shoes.



ALL-THE-WAY OPPOSITE ACTIONS FOR DISGUST:

3. **TAKE IN** what feels repulsive. Be sensual (inhaling, looking at, touching, listening, tasting).
4. **IMAGINE** having Understanding and Empathy for the person you feel disgust or contempt for.
 - Try to see the situation from the other person's point of view.
 - Imagine really good reasons for how the other person is behaving or looking.
5. **CHANGE** Your Posture:
 - (**WILLING HANDS**) Unclench hands, with palms up and fingers relaxed.
 - (**HALF-SMILE**) Unclench teeth. Relax facial muscles.
6. Change your **BODY CHEMISTRY**. TIPP skills can be used for this.
For example, do paced breathing by breathing in deeply and breathing out slowly

