



FITS THE FACTS of a situation whenever:

- Loving a person, animal, or object enhances quality of life for you or for those you care about.
- Loving a person, animal, or object increases your chances of attaining your own personal goals.



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

### OPPOSITE ACTIONS FOR LOVE:

Do the OPPOSITE of your Love action urges.

Example:

1. **AVOID** the person, animal, or object you love.
2. **DISTRACT** yourself from thoughts of the person, animal, or object.
3. **REMIN**d yourself of why love is not justified (rehearse the "cons" of loving) when loving thoughts do arise.

### ALL-THE-WAY OPPOSITE ACTIONS FOR LOVE:

4. **AVOID CONTACT** with everything that reminds you of a person you love:
  - pictures, letters/messages/e-mails, belongings, mementos, places you were together, places you planned to or wanted to go together,
  - places where you know the person has been or will be.
  - No following, waiting for, or looking for the person.
5. **STOP EXPRESSING LOVE** for the person, even to friends
  - Be unfriendly toward the person (e.g., "unfriend" the person on Facebook, Twitter, etc.)
6. **ADJUST YOUR POSTURE AND EXPRESSIONS** if you are around the person you love.
  - No leaning toward him or her.
  - No getting close enough to touch.
  - No sighing/gazing at the person.

