

# HOW TO DO OPPOSITE ACTION, STEP By STEP

1. **IDENTIFY** and **NAME** the EMOTION you want to change.
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.
3. **IDENTIFY** and **DESCRIBE** your action urges.
4. **ASK WISE MIND**: Is expressing or acting on this emotion effective in this situation?
  - Ask if your emotion does not fit the facts or if acting on your emotion is not effective?
5. **IDENTIFY OPPOSITE ACTIONS** to your action urges.
6. **ACT OPPOSITE** all The Way to your action urges.

**7. REPEAT ACTING OPPOSITE TO YOUR ACTION URGES  
UNTIL YOUR EMOTION CHANGES.**