

Opposite Action Worksheet

What is the Emotion you wish to change?

Intensity: 1-10



Does the Emotion fit The Facts? ____ Yes ____ No

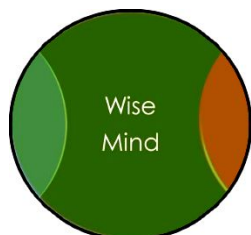
Is The Emotion Justified? ____ Yes ____ No

Does the Intensity of The Emotion Fit the Facts? ____ Yes ____ No

Does the Emotion Duration Fit the Facts? ____ Yes ____ No

If you answered "NO" continue worksheet.

Identify & Describe your action urges



Even if the Emotion Fits the Facts, Ask Wise Mind:

Is Expressing or Acting on this Emotion going to be Effective in this Situation?

____ Yes; How? _____

____ No: Try Opposite Action

Identify & Describe Opposite Action to Urges

After Practicing Opposite Action:

Evaluate Results

REPEAT UNTIL EMOTION CHANGES