

EMOTION REGULATION WORKSHEET 2

Opposite Action to Change Emotions

Name: _____ Week Starting: _____
 Select a current or recent emotional reaction that you find painful or want to change. First, figure out if the emotion is justified by the situation. If it is not, then notice your action urges, figure out what would be opposite actions and then do the opposite actions. Remember to practice opposite action all the way. Describe what happened.

EMOTION NAME: _____ INTENSITY (0-100) Before: _____ After: _____
 PROMPTING EVENT for my emotion (who, what, when, where): What triggered the emotion

Pros	Keeping Emotion	Changing Emotion
Cons	Keeping Emotion	Changing Emotion

IS THIS EMOTION JUSTIFIED BY THE SITUATION? Does it fit the facts? Is it effective?
 List the facts that justify the emotion and those that do not. Check the answer that is mostly correct.

JUSTIFIED <hr/> <hr/> <hr/>	NOT JUSTIFIED <hr/> <hr/> <hr/>
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JUSTIFIED: Go to Problem Solving (Emotion Regulation Worksheet 1) **NOT JUSTIFIED:** Continue

ACTIONS AND ACTION URGES: What do I feel like doing? What do I want to say?

OPPOSITE ACTION: What are the actions opposite to my urges?

What is needed for me to do it **ALL THE WAY** in the situation?
 (Be specific about BODY LANGUAGE) facial expression, posture, gestures, thoughts.

What **DID I DO AND HOW DID I DO IT?** Describe in detail.

What **AFTER EFFECT** did that opposite action have on me (my state of mind, other emotions, behavior, thoughts, memory, body, etc.)?