



Use opposite action when your emotions DO NOT fit the facts or when your emotions are NOT effective in coping with the situation

EMOTION	URGE	OPPOSITE ACTION
ANGER	ATTACK - verbally or physically Your urge:	GENTLY AVOID OR BE KIND What will you do?
SADNESS	BE ALONE Your urge:	GET ACTIVE & BE AROUND OTHERS What will you do?
FEAR or ANXIETY	AVOID or RUN AWAY Your urge:	APPROACH IF SAFE What will you do?
SHAME	HIDE/AVOID or BLAME OTHERS Your urge:	OWN YOUR MISTAKE AND APOLOGIZE OR SHARE WITH SOMEONE What will you do?