

# OPPOSITE ACTION

When our emotional response to the present situation is ineffective, we can learn an alternate way of responding. Opposite action allows us the freedom to realign our response with the current facts and act according to what is happening in our moment-to-moment experience. This helps us to achieve the outcome we desire in a given situation.



- Identify the emotion you wish to change
- Check the facts: does it fit with the facts and/or is the intensity too high?
- Describe your action urge
- Check your wise mind: will the action urge support you in your short and long term goals?
- If no, identify the opposite action and do it ALL THE WAY
- Keep with the opposite action until your emotion reduces in intensity

EMOTION	ACTION URGE	OPPOSITE ACTION
ANGER	FIGHT, ATTACK	GENTLY WITHDRAW, EASE TONE, RELAX MUSCLES
FEAR	RUN, HIDE, FIGHT, FREEZE	APPROACH, MOVE TOWARDS, STAND TALL
SADNESS	WITHDRAW, ISOLATE	EYE CONTACT, BE WITH OTHERS, GET ACTIVE
SHAME	HIDE, AVOID	SPEAK OUT LOUD ABOUT THE FEELING, BE WITH OTHERS