

The Skill of Opposite Action

Opposite action is a useful skill that can help for the regulation of emotions. When we are feeling overwhelmed, angry, shameful, sad, guilty or fearful, acting in the **opposite way** to the natural emotional urge that comes along with the emotion allows us to respond in an emotionally healthy way.

	Example	Practice
What emotion am I feeling, and why?	<i>Angry at a friend for cancelling our dinner plans.</i>	
What is my 'gut' response?	<i>Yell at my friend, admonish them, try to punish them.</i>	
What is the opposite action?	<i>Politely tell your friend that you understand, and that you'll talk to them later. Plan a different date if you wish, or leave it up to them.</i>	
How will the opposite action change my emotions?	<i>Because you were kind to your friend and didn't start an argument, they will likely be kind in return, causing angry feelings to subside.</i>	



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What is the opposite action?			
How will the opposite action change my emotions?			

