


Week 6: Emotion Regulation Homework Worksheet

Opposite Action – Practicing New Responses

Objective:

Identify a situation where Opposite Action can be applied and practice using it to change your emotional response.

Part 1: Identifying the Emotion & Urge

 17 Date: _____

What emotion did you experience? (e.g., fear, anger, sadness, guilt, etc.)

What situation triggered this emotion? (Briefly describe what happened.)

What urge did this emotion create? (What did you feel like doing?)

Part 2: Applying Opposite Action

Was this emotion justified by the facts of the situation? (Yes or No? Explain.)

If the emotion was NOT justified or was unhelpful, what is the opposite action?

(For example, if you felt like isolating when sad, the opposite action is reaching out to someone.)

How did you practice Opposite Action? (Describe what you did instead of acting on the emotion-driven urge.)

Part 3: Evaluating the Experience

How did using Opposite Action affect your emotions and thoughts after the situation?

What challenges did you face while practicing Opposite Action, and how might you overcome them next time?

OPPOSITE ACTION TO EMOTION

Occasionally, negative emotions can overpower us, driving impulsive and harmful behaviors. Acting contrary to these emotions often yields better results and enhances our well-being. Reflect on the following questions to discover strategies for practicing mindfulness during challenging moments.

First, identify the emotion. What is the negative emotion you are feeling?

If you go with your emotion, what is your likely behavior?

What is the likely outcome of this behavior?

What would the opposite behavior look like?

How will you feel performing the opposite action?

What is the likely outcome of the opposite behavior?
