

## Quick Guide to Opposite Action

Use opposite action to change your emotion when it is unjustified by facts and/or acting on the emotion would not be helpful or may interfere with your goals or values.

\*Remember that acting opposite requires willingness to do what doesn't feel "natural" in order to move you closer to your goals and enhance your life in the long term. Practicing opposite action over time will start to reduce habitually unjustified emotions.

<b>Emotion</b>	<b>Justifying facts</b>	<b>Opposite action:</b> <b>If the emotion doesn't fit the facts or is unhelpful</b>
<b>Anger</b>	<ul style="list-style-type: none"> <li>• Important goal is prevented or blocked.</li> <li>• You or someone who you care about is being hurt, insulted, or threatened.</li> </ul>	<ul style="list-style-type: none"> <li>• Breathe slowly, relax your body, unclench your fists and jaw. Half-smile and willing hands.</li> <li>• Do something kind or gently avoid the person or situation.</li> <li>• Perspective shift. Think about it from the other person's perspective.</li> <li>• Consider good reasons for the situation.</li> </ul>
<b>Fear</b>	<ul style="list-style-type: none"> <li>• Your health, well-being, or life is at risk or in danger.</li> </ul>	<ul style="list-style-type: none"> <li>• Breathe slowly, lift your head, shoulders back, relax your body.</li> <li>• Do what you are fearful of again and again.</li> <li>• Approach what you are fearful of.</li> <li>• Do something that increases your sense of mastery, control, or competence.</li> </ul>
<b>Sadness</b>	<ul style="list-style-type: none"> <li>• You have lost someone or something.</li> <li>• Things have not turned out as you expected, wanted, or hoped.</li> </ul>	<ul style="list-style-type: none"> <li>• Get active! Move your body.</li> <li>• Avoid avoiding.</li> <li>• Do something pleasant and be mindful of the pleasant experience.</li> <li>• Build mastery.</li> </ul>
<b>Shame</b>	<ul style="list-style-type: none"> <li>• You will be shunned or rejected because of your behavior or personal characteristic.</li> </ul>	<ul style="list-style-type: none"> <li>• Hold your body with confidence: head up, shoulders back, make eye contact.</li> <li>• Show the characteristic or repeat the behavior over and over with people who are unlikely to reject you.</li> <li>• If you did something that violated your morals, apologize and make repairs with the person. Then practice self-forgiveness and let it go.</li> </ul>

<p><b>Guilt</b></p>	<ul style="list-style-type: none"> <li>Your behavior violates your moral codes or values.</li> </ul>	<ul style="list-style-type: none"> <li>Hold your body with confidence: head up, shoulders back, make eye contact.</li> <li>Do what prompted the unjustified guilt over and over.</li> <li>Do the behavior publicly around people unlikely to reject you.</li> <li><b>If you will likely be rejected:</b> <ul style="list-style-type: none"> <li>Make the choice to hide the behavior</li> <li>Use interpersonal effectiveness skills</li> <li>Try to change the values/beliefs of the group</li> <li>Join a new group</li> </ul> </li> </ul>
<p><b>Envy</b></p>	<ul style="list-style-type: none"> <li>Someone has something that you want and need but don't have.</li> </ul>	<ul style="list-style-type: none"> <li>Breathe slowly, unclench your jaw, relax your body. Half-smile and willing hands.</li> <li>Practice gratitude for your blessings.</li> <li>Stop the urge to destroy the other person's things.</li> <li>Stop exaggerating the other person's value, worth, or how great his or her life is.</li> </ul>
<p><b>Jealousy</b></p>	<ul style="list-style-type: none"> <li>A relationship is at risk of being damaged or ending.</li> <li>A person is threatening to take an important person or object away from you.</li> </ul>	<ul style="list-style-type: none"> <li>Breathe slowly, unclench your jaw, relax your body. Half-smile and willing hands.</li> <li>Don't snoop or spy.</li> <li>Refrain from trying to control the other person or people.</li> <li>Share</li> <li>Recognize all of the information about the situation. Notice all of the facts.</li> </ul>
<p><b>Disgust</b></p>	<ul style="list-style-type: none"> <li>You are in contact with something or someone dirty or contaminated.</li> <li>You are in close proximity to someone or a group whose behavior or beliefs could harm you or your group</li> <li>Someone you dislike or find repulsive makes an unwanted sexual advance.</li> </ul>	<ul style="list-style-type: none"> <li>Breathe slowly, unclench your jaw, relax your body. Half-smile and willing hands.</li> <li>Move closer to the person or thing</li> <li>Try to observe and take in what feels disgusting.</li> <li>Act with kindness</li> <li>Practice empathy towards the other person</li> <li>Acknowledge the other person's perspective</li> </ul>
<p><b>Love</b></p>	<ul style="list-style-type: none"> <li>Your life is enhanced by loving the person, animal, or thing.</li> <li>Loving the person, animal, or thing improves the likelihood of achieving your goals.</li> </ul>	<ul style="list-style-type: none"> <li>Avoid the person, animal, or thing.</li> <li>Turn your mind away from thoughts or reminders about the person, animal, or thing.</li> <li>Remember the reasons why the love feelings are unjustified and/or unhelpful in attaining your goal.</li> </ul>