

Opposite Action Worksheet

Name: _____ Date: _____ dd / mm / yyyy

Identify emotions you have been experiencing recently that have been causing you distress. Write it down in the Emotion column of the table. Think about the urges or impulses that typically arise when you experience these emotions. Write it down in the Urge/Impulse column of the table. Then, write down the opposite actions in the Opposite Action column of the table.

Emotion

Urge/Impulse

Opposite Action

What were your initial urges or impulses in response to the emotions you identified, and how did they affect you and those around you?

How did it feel to practice the opposite action, and what did you notice about the impact it had on your emotions and behavior?

What thoughts or beliefs may have been driving your initial urge or impulse, and how might you challenge or reframe them in the future?

What have you learned about yourself and your emotions through the process of identifying and practicing opposite actions, and how might this knowledge help you in other areas of your life?

Additional notes