Opposite to Emotion

Step 1: Identify emotion(s)

Step 2: Describe the emotion drive action(s)

Step 3: Explore the potential consequences of acting on the emotion: Would acting on the emotion be effective? Would it help in the short or long term? Would it relieve the emotion or prolong or intensify it?



COUNSELING, SUPERVISION, & CONSULTATION

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If the emotion driven behavior would be helpful, this is how I plan to use it (include for how long):



If the emotion driven behavior would NOT be helpful, this is the opposite action I will do:

Did the action actually help me feel better? If it did, how can i do more of it in the future? If not, do column B

Did doing the opposite action help prevent the emotion from intensifying? If not, what got in the way?

Opposite to Emotion

Step 1: Identify emotion(s)

DEPRESSED, HOPELESS, DOWN Step 2: Describe the emotion drive action(s)

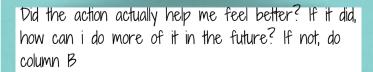
I JUST WANT TO LAY IN BED ALL DAY. I JUST
WANT TO PULL THE COVERS OVER MY
HEAD AND NOT GET UP.

Step 3: Explore the potential consequences of acting on the emotion: Would acting on the emotion be effective? Would it help in the short or long term? Would it relieve the emotion or prolong or intensify it?

IT WOULD PROBABLY FEEL REALLY GOOD IF I WAS PHYSICALLY EXHAUSTED BUT MY BODY IS ACTUALLY RESTED. I THINK LAYING DOWN ALL DAY WOULD MAKE ME FEEL MORE DEPRESSED AND MAKE IT HARDER TO MOTIVATE MYSELF TO GET UP LATER. I'D ALSO PROBABLY FEEL GUILTY AND ANXIOUS AFTER.



If the emotion driven behavior would be helpful, this is how I plan to use it (include for how long):





If the emotion driven behavior would NOT be helpful, this is the opposite action I will do:

GET OUT OF BED

DO SOMETHING ACTIVE

PUT A COLD TOWEL ON MY FACE

Did doing the opposite action help prevent the emotion from intensifying? If not, what got in the way?

I STILL FEEL SAD BUT IT DIDN'T GET WORSE. I'M HOPEFUL THAT THINGS WILL GET BETTER AS THE DAY GOES ON!