

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?


Meadowlark
COUNSELING, SUPERVISION, & CONSULTATION

A



B

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.**

A



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

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



B

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!**