



Opposite Action



Opposite Action skill encourages us to do the opposite to our emotional urge to react.



When we feel THE FIZZ, we have powerful physical sensations in our bodies that make us feel an URGE to ACT - now! Emotion can cause us to respond physically and impulsively. The trouble is, those reactions often have negative results and then the feelings come back another time. So we need to do things differently, to get a better result.

If you always do what you always did, you will always get what you always got!

EMOTION	THOUGHTS	BODY REACTIONS	BEHAVIOURS
ANGRY	It's unfair!	Fight! Attack!	Fight Run Argue Shout
ANXIOUS & WORRIED	Danger!	Escape! Avoid.	Avoid Run away
SAD	Hopeless	Withdraw. Isolate.	Do less Cry Stay home Think about sad things