DBT-MIND · FREE PRINTABLE

Opposite Action Worksheet

For an emotion that does not fit the facts, or one you would regret acting on.

EMOTION REGULATION · BEST BELOW 8 OUT OF 10

1 The emotion and the urge

The emotion (as exact as you can)

How strong, before

0 1 2 3 4 5 6 7 8 9 10

What the emotion wants me to do (the urge, in plain words)

2 Is opposite action the right skill?

Does the emotion, and how strong it is, fit the facts? ☐ Yes ☐ Partly ☐ No

Would acting on the urge help me or my goals? ☐ Yes ☐ No

Any "no" or "partly": go on with step 3. Two times "yes": the emotion fits, so solve the problem or ask for what you need.

3 My opposite action

What I will do instead (small and concrete, for today: "open the email at 9", not "be braver")

4 All the way

Part of me	What the emotion does to it	What I will do instead
Body (posture, hands)		
Face		
Voice and words		
Thoughts		

How strong, after

0 1 2 3 4 5 6 7 8 9 10

What I noticed (and when I will do it again)

Seven emotions at a glance

Emotion	It urges me to	Opposite action
Fear	Avoid, escape, put things off	Approach it, again and again, and stay until the fear drops
Anger	Attack, shout, send the angry text	Step away gently or be kind; unclench hands, lower voice
Sadness	Withdraw, stay in bed, cancel plans	Get active: go out, see people, do one small task
Shame (not fitting)	Hide, avoid eyes, stay silent	Stay visible, head up, tell someone safe
Guilt (not fitting)	Over-apologize, make up for it forever	Stop apologizing; keep doing it if it was not wrong
Jealousy (not fitting)	Check, snoop, question, control	Stop checking, give space, relax your body
Love (not fitting)	Stay close, call, keep thinking of them	Stop contact, avoid reminders, list why it does not fit

Not for real danger. Do not approach a person or place that is truly unsafe. At 8 out of 10 or higher, calm your body first. Opposite action is a DBT skill (Linehan, 2015). Wording and layout of this sheet are our own.

Practice this on your phone with the free DBT-Mind app.
Scan to download for iPhone or Android. Full guide: dbt-mind.com/guides/opposite-action

This sheet supports skills practice. It is not therapy or emergency care. **In danger right now?** Call or text 988 (US), call 112 (EU) or your local emergency number.

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