Urge to Opposite Action Chart

Every emotion comes with an urge. When the emotion does not fit the facts, do the opposite, all the way.

First, check the facts

Does this emotion, and how strong it is, fit what is really happening? If it fits and acting on it helps, act on it or solve the problem. If it does not fit, or acting on the urge will not help, use opposite action.

Emotion	Common urge	Opposite action	All the way cues
Fear	Run, avoid, escape early, ask for reassurance	**Approach what you fear, again and again. Stay until the end.**	Eyes open, shoulders back, slow breathing, steady voice.
Anger	Attack, yell, criticize, replay the insult	**Gently step back for a while. Do something kind, or at least a little nice.**	Unclench jaw and hands, palms up, soft voice. Try to see their side.
Sadness	Withdraw, stay in bed, give up	**Get active. Do one small task and one pleasant thing today.**	Stand tall, move your body, focus on now instead of the loss.
Shame	Hide, look down, keep it secret	**Share it with people who will accept you. Stop hiding.**	Head up, eye contact, steady voice. If you broke your values, repair.
Guilt	Over apologize, punish yourself	**If nothing was wrong, stop apologizing and keep living your values.**	Calm posture and voice. If it fits: apologize, repair, commit.
Disgust	Push away, avoid, look away	**If it is safe, move closer: taste it, touch it, sit near it.**	Breathe in, soften your face, be kind to the person.
Envy	Spoil what they have, compare, scroll	**Count what you have. Stop inflating their good luck.**	Mute comparison triggers. Offer a sincere congratulations.
Jealousy	Check, spy, control, accuse	**Let go of control. Stop checking and spying.**	Relax your body, share feelings calmly, give them space.

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Opposite Action Planner

Seven steps to change an emotion that does not fit the facts. Fill it in, then practice.

Name: _____ Date: _____

1 Name the emotion

Be precise: scared, ashamed, jealous, furious

What happened: _____

Emotion: _____ **How strong now:** ____ / 100

2 Check the facts

Facts only, no guesses

What I know for sure: _____

What I am assuming: _____

Does the emotion fit the facts? ☐ Yes ☐ Partly ☐ No

Does the strength fit? ☐ Yes ☐ Too strong

If it fits and acting on it helps, solve the problem instead. If not, keep going.

3 Notice the urge

What does the emotion want me to do or say?

The urge: _____

4 Ask Wise Mind

Would acting on the urge help me tomorrow?

Acting on the urge would be effective: ☐ Yes ☐ No ☐ Not sure

5 Choose the opposite action

Use the chart on page 1

Instead, I will: _____

When and where: _____

6 Act opposite all the way

Tick what you will change

- ☐ Body posture
- ☐ Face
- ☐ Voice
- ☐ Breathing
- ☐ Thoughts
- ☐ Stay until the end

7 Repeat and rate

One try is a start. Repeat until it changes.

How strong after: ____ / 100 **What I noticed:** _____

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Opposite Action Practice Log

Rate the emotion from 0 to 100 before and after each practice. Look for the trend, not one perfect day.

Name: _____ Date: _____

Date	Emotion	Before	Opposite action I did	After	What I noticed

Weekly review

The emotion that changed most: _____

What got in the way: _____

Did I act all the way? What would make it fuller: _____

My next practice: _____

One kind thing I can say to myself about trying: _____

Safety first: opposite action is for emotions that do not fit the facts. If you are in real danger, trust the fear and get to safety. Work with a clinician on trauma reminders and self harm urges. In the US, call or text 988 any time if you are thinking about suicide or self harm, text HOME to 741741, or call 911 in an emergency.

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