

Opposite Actions

Opposite actions are a strategy for managing our emotions.

Feeling

Sad



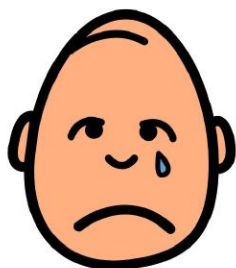
Urge

Want to lay in bed all day.



Opposite Action

Get up and move! Exercise. Get out of your room/the house.



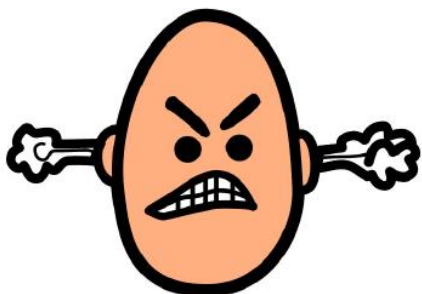
Mad



Want to yell and break things.



Use a whisper voice. Speak calmly. Give yourself a massage. Give a gentle hug to a pet or stuffed animal.



Opposite Actions

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Feeling

Excited



Urge

Want to jump up and down and scream.



Opposite Action

Take slow breaths. Sit and meditate.
Listen to slow music.



Frustrated



Want to give up.



Come up with a new plan to make it work. Practice more.

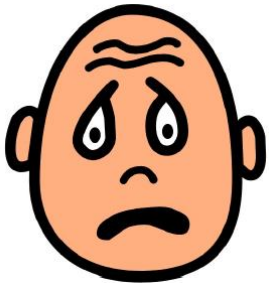


Opposite Actions

Opposite actions are a strategy for managing our emotions.

Feeling

Fear



Urge

Want to freeze, run away, or avoid.

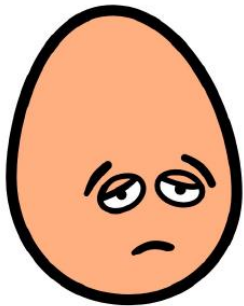


Opposite Action

Get curious. Ask questions. Do research. Prepare. Approach it in a safe manner.



Hopeless
Worthless



Want to give up and engage
in destructive behaviors.



Do self-care activities. Help someone
else. Do something productive.

