EMOTION REGULATION HANDOUT 11 (Emotion Regulation Worksheet 7) (p. 1 of 9)



Figuring Out Opposite Actions

FEAR

Fear FITS THE FACTS of a situation whenever there is a THREAT to:

- **A.** Your life or that of someone you care about.
- **B.** Your health or that of someone you care about.
- C. Your well-being or that of someone you care about.
- D. Other example: _

Follow these suggestions when your fear is NOT JUSTIFIED by the facts or NOT EFFECTIVE:

OPPOSITE ACTIONS for Fear

Do the OPPOSITE of your fearful action urges. For example:

- **1.** Do what you are afraid of doing . . . OVER AND OVER.
- 2. APPROACH events, places, tasks, activities, and people you are afraid of.
- **3.** Do things to give yourself a sense of CONTROL and MASTERY over your fears.

ALL-THE-WAY OPPOSITE ACTIONS for Fear

4. Keep your EYES AND EARS OPEN and focused on the feared event.

Look around slowly; explore.

- **5.** Take in the information from the situation (i.e., notice that you are safe).
- 6. Change POSTURE AND KEEP A CONFIDENT VOICE TONE.

Keep your head and eyes up, and your shoulders back but relaxed. Adopt an assertive body posture (e.g., knees apart, hands on hips, heels a bit out).

7. Change your BODY CHEMISTRY.

For example, do paced breathing by breathing in deeply and breathing out slowly.

(continued on next page)

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