



## Reviewing Opposite Action and Problem Solving

	<b>Justifying Events</b>	<b>Act Opposite to Emotion Urge (for Unjustified Emotion)</b>	<b>Act on Emotion Urge, Problem-Solve, or Avoid (for Justified Emotion)</b>
<b>Fear</b>	<p><b>A.</b> Your life is in danger.</p> <p><b>B.</b> Your health is in danger.</p> <p><b>C.</b> Your well-being is in danger.</p>	<p><b>1.</b> Do what you are afraid of doing . . . over and over.</p> <p><b>2.</b> Approach what you are afraid of.</p> <p><b>3.</b> Do what gives you a sense of control and mastery.</p>	<p><b>1.</b> Freeze/run if danger is near.</p> <p><b>2.</b> Remove the threatening event.</p> <p><b>3.</b> Do what gives you a sense of control and mastery of the fearful event.</p> <p><b>4.</b> Avoid the threatening event.</p>
<b>Anger</b>	<p><b>A.</b> An important goal is blocked or a desired activity is interrupted or prevented.</p> <p><b>B.</b> You or someone you care about is attacked or hurt (physically or emotionally) by others.</p> <p><b>C.</b> You or someone you care about is insulted, offended, or threatened by others.</p>	<p><b>1.</b> Gently avoid.</p> <p><b>2.</b> Take a time out.</p> <p><b>3.</b> Do something kind.</p> <p><b>4.</b> Imagine understanding: Step into the other person’s shoes.</p> <p><b>5.</b> Imagine really good reasons for what happened.</p>	<p><b>1.</b> Fight back when being attacked, if you have nothing to lose by fighting.</p> <p><b>2.</b> Overcome obstacles to goals.</p> <p><b>3.</b> Work to stop further attacks, insults, and threats.</p> <p><b>4.</b> Avoid or walk out on people who are threatening.</p>
<b>Disgust</b>	<p><b>A.</b> Something you are in contact with could poison or contaminate you.</p> <p><b>B.</b> You are close to a person or group whose actions or thinking could seriously damage or harm you or the group you are part of.</p>	<p><b>1.</b> Move close. Embrace.</p> <p><b>2.</b> Be kind; step into the other person’s shoes.</p> <p><b>3.</b> Take in what feels repulsive.</p> <p><b>4.</b> See the situation from the other person’s point of view.</p>	<p><b>1.</b> Remove/clean up revolting things.</p> <p><b>2.</b> Influence others to stop harmful actions/stop things that contaminate your community.</p> <p><b>3.</b> Avoid or push away harmful people or things.</p> <p><b>4.</b> Imagine understanding a person who has done disgusting things.</p>

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## EMOTION REGULATION HANDOUT 13 (p. 2 of 3)

	Justifying Events	Act Opposite to Emotion Urge (for Unjustified Emotion)	Act on Emotion Urge, Problem-Solve, or Avoid (for Justified Emotion)
<b>Envy</b>	<p><b>A.</b> Another person or group gets or has things you don't have that you want or need.</p>	<ol style="list-style-type: none"> <li>1. Inhibit destroying other people's things.</li> <li>2. Count your blessings.</li> <li>3. Imagine how it all makes sense.</li> <li>4. Stop exaggerating others' worth or value.</li> </ol>	<ol style="list-style-type: none"> <li>1. Improve yourself and your life.</li> <li>2. Get others to be fair.</li> <li>3. Devalue what others have that you don't have.</li> <li>4. Put on rose-colored glasses.</li> <li>5. Avoid people who have more than you.</li> </ol>
<b>Jealousy</b>	<p><b>A.</b> An important and desired relationship or object is in danger of being damaged or lost.</p> <p><b>B.</b> Someone is threatening to take away an important and desired relationship or object.</p>	<ol style="list-style-type: none"> <li>1. Let go of trying to control others.</li> <li>2. Share what you have with others.</li> <li>3. Stop spying and snooping.</li> <li>4. No avoiding; take in all the information.</li> </ol>	<ol style="list-style-type: none"> <li>1. Protect what you have.</li> <li>2. Work at being more desirable to the person(s) you want to be in a relationship with (i.e., fight for relationships).</li> <li>3. Leave the relationship.</li> </ol>
<b>Love</b>	<p><b>A.</b> Loving a valued/ admired person, animal, or object enhances the quality of life for you or those you care about.</p> <p><b>B.</b> Loving the person, animal, or object increases your chances of attaining your own personal goals.</p>	<ol style="list-style-type: none"> <li>1. Avoid the person, animal, or object you love altogether.</li> <li>2. Distract yourself from thoughts of the beloved.</li> <li>3. Avoid contact with all reminders of the beloved.</li> <li>4. Remind yourself of why love is not justified.</li> </ol>	<ol style="list-style-type: none"> <li>1. Be with the person, animal, or thing that you love.</li> <li>2. Touch, hold, etc., the beloved.</li> <li>3. Avoid separations when possible.</li> <li>4. If the beloved is lost, fight to find or get the beloved back (if it may be possible).</li> </ol>
<b>Sadness</b>	<p><b>A.</b> You have lost something or someone permanently.</p> <p><b>B.</b> Things are not the way you expected or wanted or hoped for.</p>	<ol style="list-style-type: none"> <li>1. Activate your behavior.</li> <li>2. Avoid avoiding.</li> <li>3. Build mastery: Do things that make you feel competent and self-confident.</li> <li>4. Increase pleasant events.</li> <li>5. Pay attention to pleasant events.</li> </ol>	<ol style="list-style-type: none"> <li>1. Grieve; have a memorial service; visit the cemetery (but don't build a house at the cemetery).</li> <li>2. Retrieve/replace what is lost.</li> <li>3. Plan how to rebuild a life worth living without the beloved or expected outcomes in your life.</li> <li>4. Accumulate positives.</li> <li>5. Build mastery: Do things that make you feel competent and self-confident.</li> <li>6. Communicate need for help.</li> <li>7. Accept help offered.</li> <li>8. Put on rose-colored glasses.</li> </ol>

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<b>Shame</b>	<p><b>A.</b> You will be rejected by a very important person or group if characteristics of yourself or of your behavior are made public.</p>	<ol style="list-style-type: none"> <li>1. Make public your personal characteristics or behavior (with people who won't reject you).</li> <li>2. Repeat the behavior without hiding from people who won't reject you.</li> <li>3. Or, if <i>your</i> moral code is violated, apologize and repair; forgive yourself; and let it go.</li> </ol>	<ol style="list-style-type: none"> <li>1. Hide what will get you rejected.</li> <li>2. Appease those offended.</li> <li>3. Change your behavior or personal characteristics to fit in.</li> <li>4. Avoid groups who disapprove of you.</li> <li>5. Find a new group that fits your values or that likes your personal characteristics.</li> <li>6. Work to change society's or a person's values.</li> </ol>
<b>Guilt</b>	<p><b>A.</b> Your own behavior violates your own values or moral code.</p>	<ol style="list-style-type: none"> <li>1. Do what makes you feel guilty over and over and over.</li> <li>2. Make public your behavior (with people who won't reject you).</li> </ol> <p>Or, if <i>you will be rejected by others</i>:</p> <ol style="list-style-type: none"> <li>3. Hide your behavior.</li> <li>4. Use interpersonal skills.</li> <li>5. Work to change your group's values or join a new group.</li> </ol>	<ol style="list-style-type: none"> <li>1. Seek forgiveness.</li> <li>2. Repair the harm; make things better (or, if not possible, work to prevent or repair similar harm for others).</li> <li>3. Accept the consequences gracefully.</li> <li>4. Commit to avoiding behaviors that violate your moral values in the future.</li> </ol>