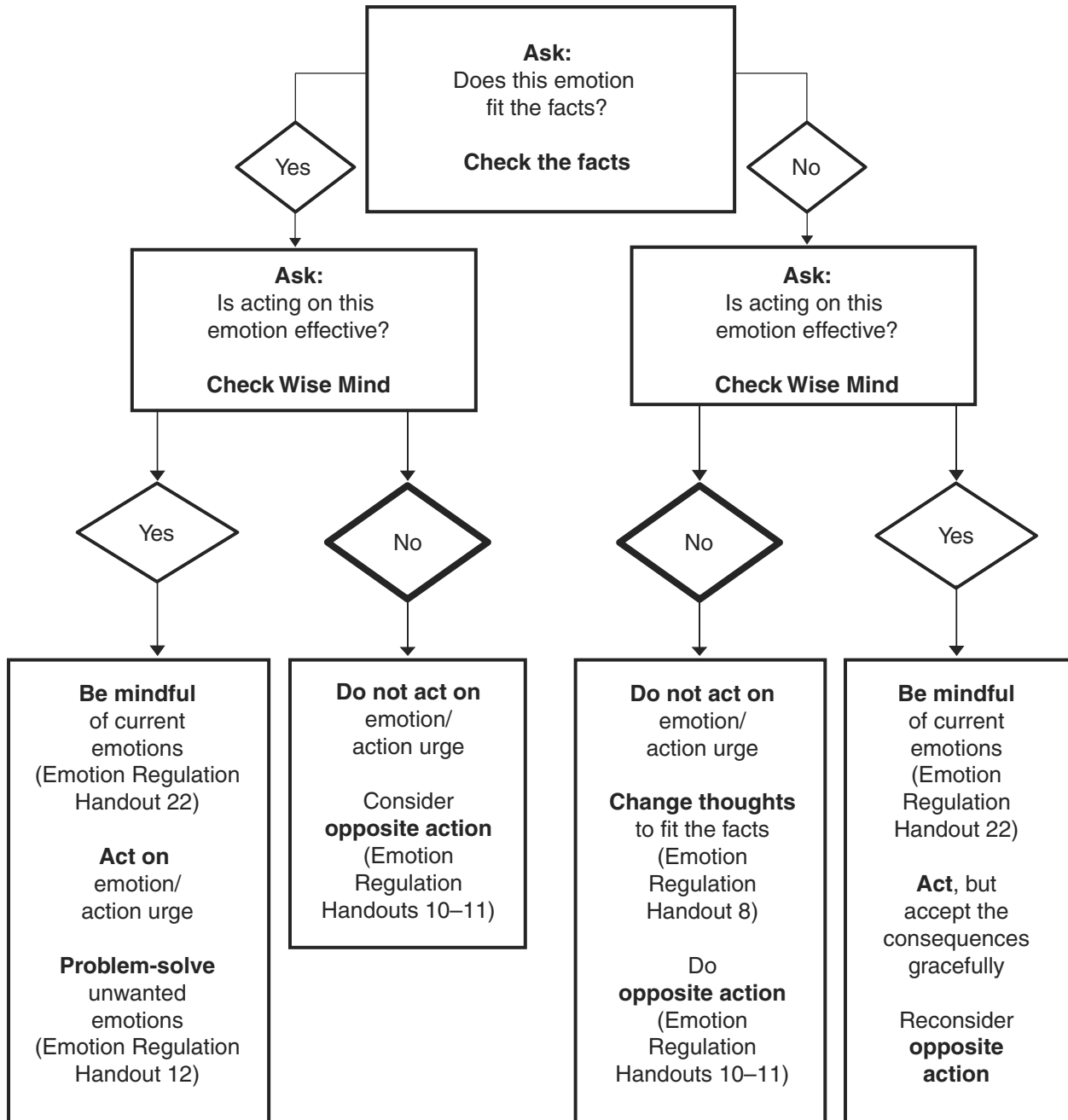




## Opposite Action and Problem Solving: Deciding Which to Use

**Opposite action = Acting opposite to an emotion’s action urge**

**Problem solving = Avoiding or changing (solving) a problem event**



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