

DBT Opposite Action Worksheet

Opposite Action is a DBT (Dialectical Behavior Therapy) skill that helps you challenge emotional responses by taking action opposite to the emotion you're feeling. It's designed to interrupt unhelpful emotional patterns and increase emotional regulation.

Instructions:

Think about a situation where you're feeling a strong emotion (e.g., fear, sadness, anger). Using opposite action can help you break the cycle and act in a way that aligns with your values and long-term goals.

1. Identify the Emotion:

What emotion are you feeling right now?

(e.g., Fear, Anger, Sadness)

Emotion: _____

2. Check the Action Urge:

What is your immediate urge or impulse when you feel this emotion?

(e.g., Avoid, Isolate, Yell, Shut Down)

Action Urge: _____

3. Opposite Action:

What is the opposite action you can take that goes against this urge?

This action should be the opposite of what your emotion is telling you to do.

Opposite Action: _____

4. Small Steps:

What are some manageable steps you can take to implement the opposite action?

(Break it down into smaller steps to make it feel achievable)

Steps:

- a.
- b.
- c.

5. Reflection:

After completing the opposite action, reflect on how it made you feel.

Did it help? Did your emotional state change?

Reflection:

Tips for Using Opposite Action:

- **Start Small:** If the emotion is very strong, break the action down into small, manageable steps.
- **Practice Regularly:** Opposite action is most effective when practiced consistently.
- **Be Compassionate:** Don't be hard on yourself if it's difficult at first. Progress takes time.