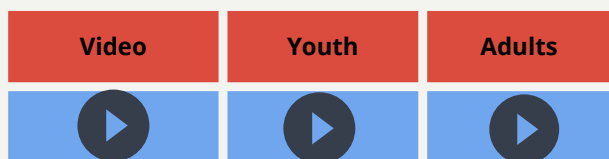
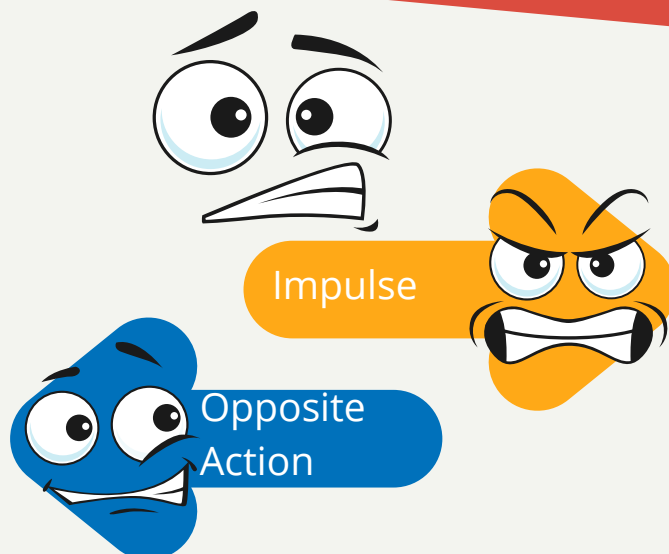


MENTAL HEALTH

OPPOSITE ACTION

Opposite Action is a self-help technique focusing on acting contrary to what your feelings or emotions prompt you to do. You can use this technique when the intensity or duration of your emotions doesn't match what you're experiencing. It can also be helpful when acting impulsively would be counterproductive and ineffective for you.



The opposite action technique requires practice and dedication to execute naturally. Watch the videos on the left about the opposite action technique.

EXAMPLES OF OPPOSITE ACTION:

Emotion	Emotional Action Impulse	Opposite Action
Fear	Run, avoid, or freeze	Approach or face
Anger/Aggression	Attack or lash out	Avoid with kindness
Sadness	Withdraw or isolate	Get active or socialize
Shame	Hide or avoid	Talk to someone
Frustration	Give up	Keep trying
Betrayal	Hurt or seek revenge	Forgive

INSTRUCTIONS FOR OPPOSITE ACTION

- Identify and name the emotion you want to change.
- Ensure your reaction is appropriate for the situation. Use the diagram to rate your emotional impulse.
- Identify and describe your action impulses.
- Ask yourself: Am I acting in the best way? If your emotion is not appropriate for the situation, proceed to the next step.
- Identify actions opposite to your action impulses. Act completely contrary to your action impulses.
- Repeat the opposite action until your emotion changes.

Emotional Impulse
Intensity - Duration - Benefit



Appropriate- Acceptable- Inappropriate

This information is based on the [University of Oregon University Health Services](https://www.oregonhealthservices.org/).

For more information on self-help coping strategies, visit our Unaccompanied Children Resource Center: ucresourcecenter.org.