OPPOSITE TO EMOTION (O2E) Worksheet

CORE CONCEPT: Use this worksheet to practice Opposite to Emotion (O2E)

Describe your current emotion:

Describe what actions (or inactions) this emotion is pulling you to do (what is mood congruent?):

Describe the predicted outcomes from these actions (or inactions):

Describe how you can use Opposite to Emotion:

Describe the predicted outcomes from your use of Opposite to Emotion:

Describe how your life will be different when you effectively use Opposite to Emotion: