

Emotion Regulation Skills

Opposite action

When you experience an emotion, a behavior usually comes with it. If you are angry, you might fight or argue. If you are sad, you might withdraw from your friends. Your body causes you to react to emotions in a specific way.

Doing the *opposite action* will help you change your emotion. If you typically start to yell when you are angry, try talking quietly and politely. If you withdraw when you are sad, make a point to visit a friend next time you feel this way.

Emotion	Action	Opposite Action
Angry	Fight, yell, and argue.	Talk quietly and behave politely.
Sad	Withdraw from friends.	Visit and communicate with friends.

Check the Facts

Maybe you can look back at your life and think of a few situations where you overreacted. Or you might notice that something once felt like a big deal when it was really pretty unimportant.

You can check the facts in the moment to help reduce the intensity of these extreme emotions. Ask yourself the following questions to check the facts:

- 1 What triggered my emotions?
- 2 Am I assuming or interpreting something about the event?
- 3 Does my emotion and its intensity match the *facts* of the situation? Or does it just match my assumptions of the situation?