

Acting Opposite Worksheet

Engage with the following emotions. Describe how each emotion impacts your behavior. Reflect on how you react physically. Consider what types of facial expressions might you make, or the tone of voice might you use. Identify what sort of posture or stance might you take. Now describe the opposite of each of the listed behaviors.

Fear Response

Opposite Response

My mind:	My mind:
My body:	My body:
My posture:	My posture:
My physical urges:	My physical urges:
My behaviors and actions:	My behaviors and actions:

Anger Response

Opposite Response

My mind:	My mind:
My body:	My body:
My posture:	My posture:
My physical urges:	My physical urges:
My behaviors and actions:	My behaviors and actions:

Sadness Response

Opposite Response

My mind:	My mind:
My body:	My body:
My posture:	My posture:
My physical urges:	My physical urges:
My behaviors and actions:	My behaviors and actions:

Shame: Response

Opposite Response

My mind:	My mind:
My body:	My body:
My posture:	My posture:
My physical urges:	My physical urges:
My behaviors and actions:	My behaviors and actions:

Guilt Response**Opposite Response**

My mind:	My mind:
My body:	My body:
My posture:	My posture:
My physical urges:	My physical urges:
My behaviors and actions:	My behaviors and actions: