

Acting Opposite to Your Impulses

Sometimes your emotions will dictate how you behave. Perhaps you feel depressed, so you eat a pint of ice cream or other “comfort food” even though you are on a diet. Perhaps you have a frustrating day, so you lash out at your spouse or a relative, even though you know they are not the cause of your frustration. Perhaps you are worried about how people will judge you, so you stay at home rather than going out with friends.

If you find that your emotions are causing you to behave in ways which are self-defeating, you can use this worksheet to find out what happens if you do the opposite of what you would normally do.

Situation	Primary Emotion	Behavior You Would Normally Do	The Oppose of What You Would Normally Do	What Actually Happens
Example: You were criticized at work.	Sadness	Eat a high-calorie meal	Go for a 45-minute walk	Your mood improves and you feel good about your choice