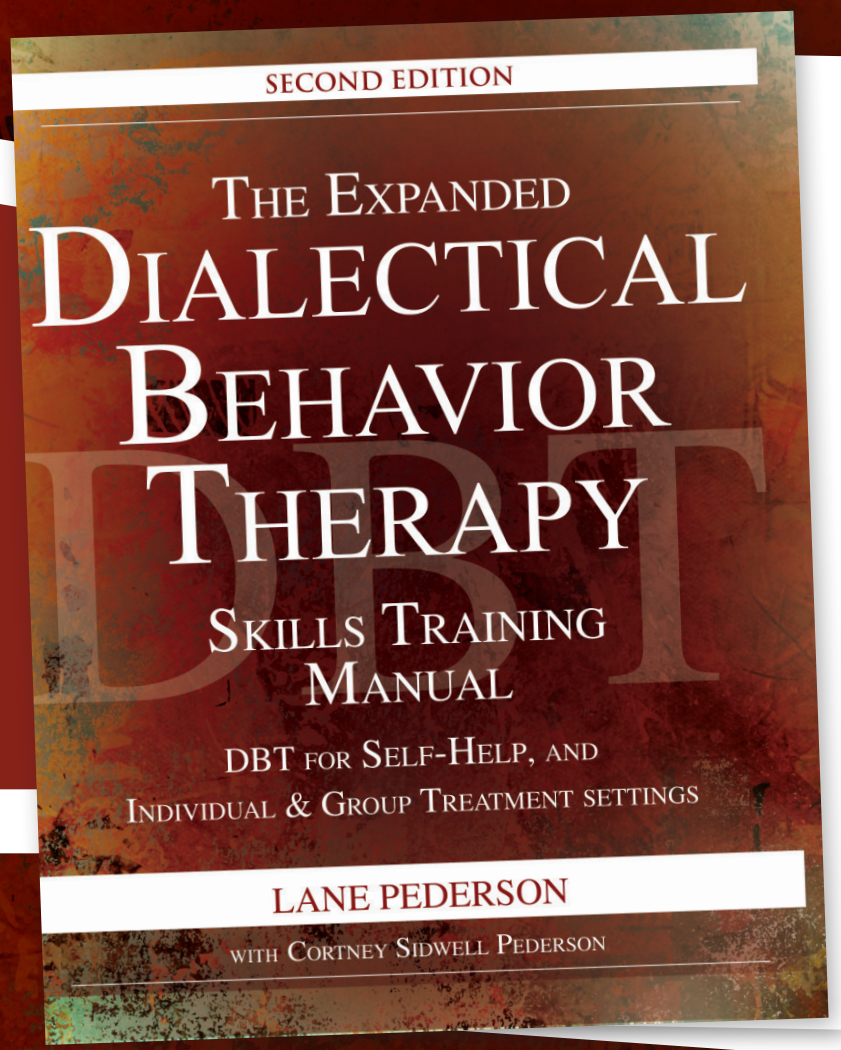


FREE

# Opposite to Emotion "O2E" WORKSHEETS

FOR CLINICIANS & CLIENTS



**PRACTICAL AND ENGAGING  
PRINTABLE TOOLS TO USE WITH YOUR CLIENTS**



# **Introduction to Emotion Regulation: Opposite to Emotion Worksheet**

Opposite to Emotion, often referred to in DBT by O2E (oh-2-ee), recognizes that emotions pull us into “mood congruent” behaviors that get us stuck. Mood-congruent behavior occurs when, without awareness, we fall into behavior patterns that keep certain emotions around. As examples, depression leads to isolation and inactivity, anxiety leads to avoidance, and anger leads to hostility.

When mood congruent behaviors strike, O2E is the heavy-hitting answer people go to...in my years doing DBT it has been a favorite skill because it works so well.

Using Opposite to Emotion means approaching our fears one step at a time and learning to tolerate the distress that comes with it. To do this effectively, we use mindfulness to desensitize ourselves and distress tolerance when we feel too overwhelmed. The more we approach rather than avoid, the more our nervous system learns to be “bored” and the less anxious we feel. This approach takes the power out of the thoughts.

Whether or not your emotion or the intensity of it is justified depends on the situation, the facts, and other potential factors. Opposite to Emotion is not meant to invalidate the real emotions we experience. Instead, Opposite to Emotion is intended to get us unstuck from prolonged and overly intense emotional states by recognizing behaviors that do not work and instead choosing those opposite behaviors that are more effective. In other words: Do less of what does not work and more of what does in order to change your emotions. Use the following Opposite to Emotions worksheet to help you or your clients regulate emotions.

## Emotion Regulation: Opposite to Emotion

**CORE CONCEPT:** Use this worksheet to practice Opposite to Emotion.

Describe your current emotion:

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

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

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Describe how you can use Opposite to Emotion:

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

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

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