

## Emotion Regulation Handout 10

### Changing Emotions by Acting Opposite to the Current Emotion

#### **FEAR**

Do what you are afraid of doing....OVER AND OVER AND OVER.  
Approach events, places, tasks, activities, people you are afraid of.  
Do things to give yourself a sense of CONTROL and MASTERY.  
When overwhelmed, make a list of small steps or tasks you can do.  
DO the first thing on the list.

#### **GUILT OR SHAME**

When guilt or shame is JUSTIFIED (emotion FITS your wise mind values)  
Repair the transgression.  
Say your sorry, apologize.  
Make things better, do something nice for person you offended (or someone else if that is not possible).  
Commit to avoiding that mistake in the future.  
Accept the consciences gracefully.  
Then let it go.

#### **GUILT OR SHAME**

When guilt or shame is UNJUSTIFIED (emotion DOES NOT fit your wise mind values)  
Do what makes you feel guilty or ashamed....OVER AND OVER AND OVER.  
Approach, don't avoid.

#### **SADNESS OR DEPRESSION**

Get active, approach, don't avoid.  
Do things that make you feel competent and self-confident.

#### **ANGER**

Gently avoid the person you are angry with rather than attacking them (Avoid thinking about him or her rather than ruminating).  
Do something nice rather than mean or attacking.  
Imagine sympathy and empathy for other person rather than blame.