

Toolbox Handout 10: Check the Facts & Opposite Action



What is the objective with “Checking the Facts” as a skill?

What are 3 Main Questions to ask for Checking the Facts

- 1.
- 2.
- 3.

Complete the Table with examples of emotions, their function, and their associated action urge:

Emotion	Function	Action Urge
Fear	Alerts you to danger	Escape or Avoid
Anger	Alerts to a blocked goal	
Happiness		

What does “Opposite Action” mean?

Complete the Table with examples of emotions, their action urge, and an idea for opposite action:

Emotions	Action Urge	Opposite Action
Fear	Escape or Avoid	Approach
Anger	Fight / Argue / Hold ground	
Happiness		

When will Opposite Action Work the Best?

What are the 7 Steps to use Opposite Action?

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.

----- At Home Practice: -----

Consider an event from the last week that brought up unpleasant or uncomfortable emotions. As Check the Facts and Opposite Action can really work together, first we will Check the Facts about this event, and then we will practice Opposite Action – either for the future if you have already reacted to this event, or to help come up with ways to respond to this event.

Check the Facts Practice:

1. **What is the Emotion I want to Change:** _____

2. **Describe the Prompting Event:** Who did what to whom? What led up to what? What is it about this event that is a problem for you?

3. **Am I interpreting this situation well?** Are there other possible interpretations? Am I thinking in extremes? What is the likelihood of the worst case outcome? If this happens, can I imagine coping with it?

Opposite Action Practice:

1. **Does my emotion, and its intensity, fit the facts?** E.g. 0=not at all; 5=I am certain _____

2. **Describe how Checking the Facts impacted your interpretation of the event; as well as the emotion**

1. _____

2. _____

3. _____

3. **What is your action urge based on your emotion?:** _____

4. **Choose an Opposite Action?:** _____

Do your Opposite Action ALL THE WAY

5. **Reflect: How do you feel after acting Opposite to your Emotion?**
