

OPPOSITE TO EMOTION ACTION WORKSHEET

EVENT	EMOTION NAME	NATURAL URGE
<input type="text"/>	<input type="text"/>	<input type="text"/>

FOLLOWED URGE?

YES



NO



ACTION

OPPOSITE ACTION

OUTCOME

Did emotion mind go up, or down?
Do you have regrets? Yes No
Are you moving toward goals?
Yes No

OUTCOME

Did emotion mind go up, or down?
Do you have regrets? Yes No
Are you moving toward goals?
Yes No