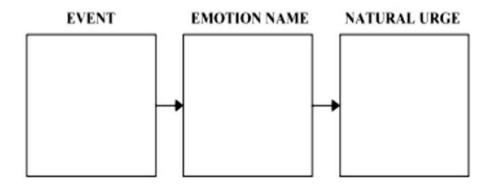
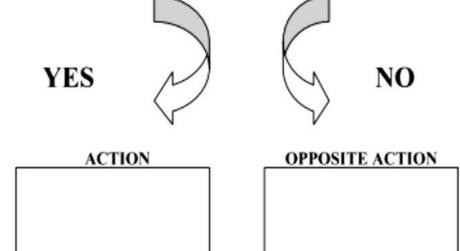
## OPPOSITE TO EMOTION ACTION WORKSHEET



## FOLLOWED URGE?



## 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