

The Struggle Is Real

Week 8: **Opposite Action**

Presented by CSUEB Counseling Services



Credit: Cosmas from Pexels

Introductions:

Share your name, pronouns, year @ CSUEB, major &
Identify 1 thing you did that you feel proud of this week?



A Few Zoom Guidelines

- Please mute your audio while others are talking and type any questions into the chat box
- Your video can be off or on, whatever makes you most comfortable
- Confidentiality and Zoom limitations

Community Agreements

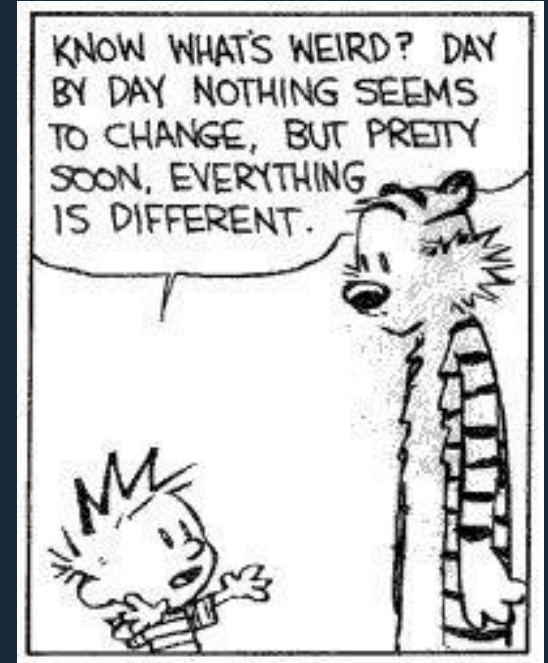
- Push yourself to participate
- Focus on your own experience
- Share headlines, not details
- Step forward, step back
- Ask others before giving them feedback
- Assume positive intent from others
- Take responsibility for your needs

Opposite Action: An Example...

When we are depressed, we may feel like no one wants us around and we might as well just stay in bed.

A way to act opposite to the emotion of depression is to get ourselves up and do something (go for a walk, go to the grocery store, visit a friend, go to therapy, etc.). We are not denying our emotion, but we are challenging it with our actions.

We may not see big changes, but little by little we will notice changes in the way we feel.



“All Big Things come from small beginnings. The Seed of every habit is a single, Tiny Decision.”

-James Clear, Atomic Habits

Opposite Actions to Consider

FEAR

- Approaching 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: Say you're sorry, apologize/ make repair. Commit to avoiding that mistake in the future. Accept the consequences gracefully. Then let it go.
- 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. Approach, don't avoid.

Opposite Actions to Consider

SADNESS or DEPRESSION

- Get active.
- Do things that make you feel competent and self-confident.

ANGER

- Give the person you are angry with space, rather than attacking them. Avoid thinking about him or her, rather than ruminating on your anger.
- Do something nice, rather than mean or attacking.
- Imagine sympathy and empathy for other person, rather than blame. (eg. using Loving Kindness Meditation)



Personal Reflection:

Opposite Actions to Current Emotions



- What are some times you have acted opposite to your current emotion?
What was the result?
- When would it not be appropriate to act opposite to your present emotion?
- What opposite actions could you try the next time you feel depressed?
- See Opposite to Emotion Action [worksheet](#)

Urge Surfing

“You can't stop the waves, but you can learn how to surf.” - Jon Kabat-Zinn

Urge surfing can be used with any urges you experience that don't serve you well (i.e. self harm, procrastination, isolation).

Each urge has 3 stages:

- During the **ramp-up**, coping strategies can help keep the wave from growing as large.
- The **peak** of the urge is often reached within 20-30 minutes or sooner (10 min. or less for panic)
- The **fall-off** happens whether we give in to the urge or not.

Visualize urges rising and falling like waves.

Rather than trying to fight the wave, practice surfing the wave until it's lost its power.

Urge Surfing Meditation



Reflect on anything you observed in the process of riding these waves. Also, appreciate your efforts and experience, including if you fell off a few times yet got back up to surf again.

Additional Resources

- **CBT apps:** Wysa, CBT Thought Diary, MindDoc: Your Companion, What's Up, MoodTools, Calm, Shine, Happify
- **Counseling groups** throughout every week
- **Pioneers for HOPE** - support with food and housing
@pioneersforhope
- Follow us on **Instagram** - @eastbayshcs
- **Downloadable slides and group handouts**



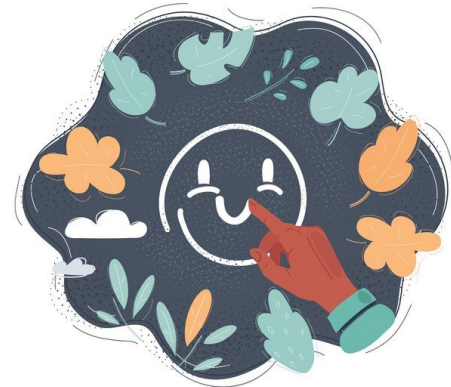
Take Care!

Think about what skills you might want to practice from home this week:

- Practice your *self care plan*
- Use your *opposite action* behavior next time your depression tells you to do something unhelpful
- Practice *urge surfing*

We hope that you'll continue to put to practice the skills you learned over the last few weeks.

YOU
Got this



Thank you



for your time!