

Changing Emotions by Acting Opposite to the Current Emotion

From www.dbtselfhelp.com

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 you 're 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)