

DBT Opposite Action Skill Worksheet

Use Opposite Action when an emotion or its intensity does not fit the facts and acting on the urge would be ineffective.

1. Name the emotion and action urge

Emotion: _____ Intensity (0-100): _____

What does the emotion urge me to do?

2. Check the facts

What observable facts support the emotion?

What facts do not support it, or suggest the intensity is too high?

3. Decide

Does the emotion and its intensity fit the facts? Yes / No / Unsure

If it fits the facts, problem-solving, protection, repair, or grieving may be more appropriate. If it does not fit the facts and the urge is ineffective, identify an opposite action.

My opposite action

What would I do with posture, words, facial expression, attention, and behavior if I acted opposite to the urge?

DBT Opposite Action Skill Worksheet - Practice & Reflection

Act opposite all the way - when safe

Specific action I will take:

How will I change body posture or facial expression?

What might get in the way?

What support could help?

After practice

Emotion intensity after practice (0-100): _____

What happened?

Do not use Opposite Action to override fear in genuine danger, anger at abuse or discrimination, grief after meaningful loss, or medical warning signs.

Evidence & safety note. This worksheet supports practice of DBT emotion-regulation skills described in Linehan's DBT skills framework. It is educational and is not a diagnosis, outcome measure, or substitute for comprehensive DBT or emergency care. Use safety planning and qualified professional support when risk, trauma, severe symptoms, or medical concerns are present.