

Opposite action planner

Do the reverse of what the emotion demands — completely, and more than once.

Half measures confirm the fear, because your body registers the vigilance and concludes the threat was real. Plan the full version: posture, voice, face, attention, and how long you will stay.

THE EMOTION, AND WHAT IT IS URGING YOU TO DO

HAVE YOU CHECKED THE FACTS? DOES IT FIT?

If it fits and acting on it is effective, this is the wrong tool. Problem-solve instead.

THE OPPOSITE OF THAT URGE

Fear says avoid — approach. Anger says attack — gently avoid, or be kind. Shame says hide — tell someone. Sadness says stop — get active.

ALL THE WAY: WHAT MY BODY, VOICE AND FACE WILL BE DOING

THE SMALLEST COMPLETE VERSION I CAN DO IN THE NEXT HOUR

WHEN I WILL REPEAT IT

One instance does not move an emotion trained over years.

AFTERWARDS — WHAT ACTUALLY HAPPENED
