

# Opposite Action Day Worksheet

Date: \_\_\_\_\_

## Step 1: Spot the Dominant Emotion

Mood (0–10): \_\_\_\_\_ Emotion: \_\_\_\_\_

## Step 2: Identify the Urge

If I obeyed this feeling, I would: \_\_\_\_\_

## Step 3: Identify the Urge

Opposite behavior(s): \_\_\_\_\_

## Step 4: Schedule a Block

OA Block Time: \_\_\_\_\_

## Step 5: List 3–5 OA Behaviors

1.

2.

3.

4.

5.

## Step 6: Run the Block

Start Time: \_\_\_\_\_

## Step 7: Log Mood Shifts

Before: \_\_\_\_\_ Midway: \_\_\_\_\_ After: \_\_\_\_\_

## Step 8: Reflect & Tweak

Which activity helped most? \_\_\_\_\_

Plan for next OA block: \_\_\_\_\_