

## Changing Emotions by Acting Opposite to the Current Emotion

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### 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)