

Opposite Action Worksheet

Situation	Feeling	What you initially want to do	Consequences of this	Opposite action	Consequences
A bully says something mean to you at school	Angry	Punch him	You will get punished	Walk away and then consider whether or not to tell someone	The bully may get punished but you for sure won't
You get bad grades and don't want to show your parents	Scared	Hide your report card	Your parents will eventually find out and will get twice as mad because you got bad grades and hid them	Confront your fear and show your parents your report card explaining that you will problem solve and find strategies in order to do better next time	Your parents may be angry but not as much as if you hid your report card