

Name: _____ Date: _____



Tool 18: Act the Opposite

① **Rationale:** This tool teaches a way to decrease your anger using your neurological wiring.

What happens to the following when you get angry:

(example: jaw clinches)

- Jaw
- Eyes
- Lips
- Shoulders
- Breathing
- Other muscles
- Volume of voice

Make each of these adjustments right now and pay attention to how they feel.
Write any comments you may have.

Now do these opposite actions:

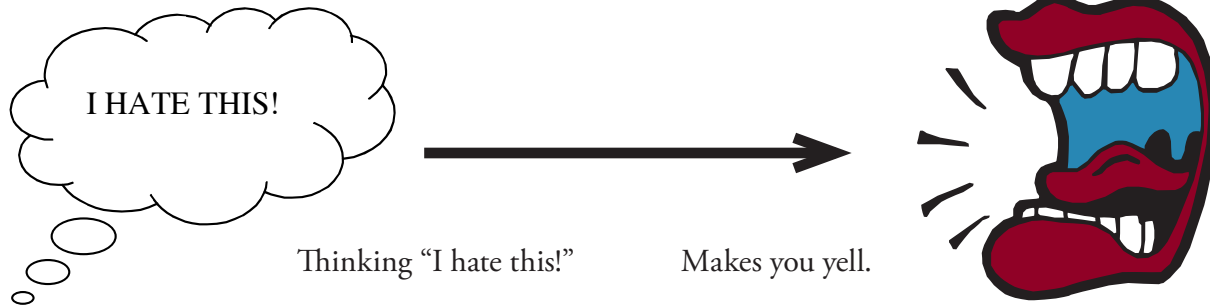
- Relax the jaw
- Relax the eye muscles
- Softly smile
- Relax the shoulders
- Take some deep breaths
- Relax everything else
- Speak softly

How do you feel compared to when everything was tightened?

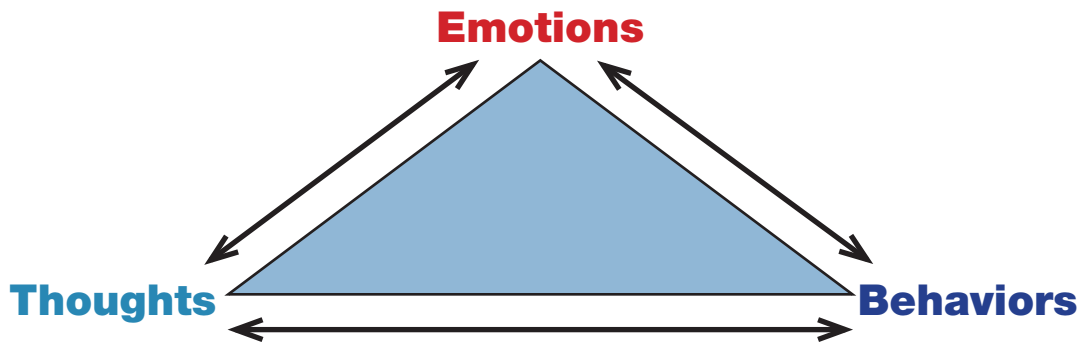
Name: _____

Date: _____

People often think that physical sensations and behaviors follow emotions or thoughts.



However, as you learned earlier on the CBT worksheet, emotions, thoughts, and behaviors work in an interactive system where each part influences the other parts.



Similarly, new research suggests that various organs, muscles, or sites in our bodies, wire together into feedback loops where each site involved can influence the entire system. One particular system involves Cranial Nerve VII, the parasympathetic nervous system, and the vagus nerve.

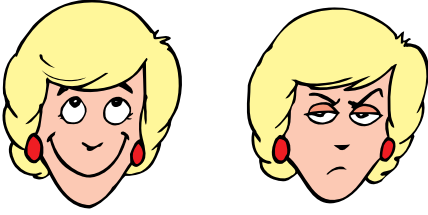
What do you remember about the vagus nerve from the lesson on deep breathing?

Do you remember what the parasympathetic nervous system does?

Name: _____

Date: _____


Any ideas what Cranial Nerve VII does?



If you are feeling annoyed, how could smiling help you feel better?

How does 'acting the opposite' help you get your point across more effectively with others?

How can you remember to use this when you are getting angry?

 **Homework:** Try to look in the mirror when you are frowning or concentrating too hard on something this week. In traffic, in line at the grocery store, or in any unpleasant situation, practice giving a half smile and notice how you feel. If you can, look in the mirror and contrast with the concentrated expression.