

EMOTION REGULATION HANDOUT 8

(Emotion Regulation Worksheet 5; p. 285)



Check the Facts

FACTS

Many emotions and actions are set off by our thoughts and interpretations of events, not by the events themselves.

Event → Thoughts → Emotions

Our emotions can also have a big effect on our thoughts about events.

Event → Emotion → Thoughts

Examining our thoughts and *checking the facts* can help us change our emotions.

HOW TO CHECK THE FACTS

- 1. Ask: What is the emotion I want to change?**
(See *Emotion Regulation Handout 6: Ways of Describing Emotions.*)
- 2. Ask: What is the event prompting my emotion?**
Describe the facts that you observed through your senses.
Challenge judgments, absolutes, and black-and-white descriptions.
(See *Mindfulness Handout 4: Taking Hold of Your Mind: "What" Skills.*)
- 3. Ask: What are my interpretations, thoughts, and assumptions about the event?**
Think of other possible interpretations.
Practice looking at all sides of a situation and all points of view.
Test your interpretations and assumptions to see if they fit the facts.
- 4. Ask: Am I assuming a threat?**
Label the threat.
Assess the probability that the threatening event will really occur.
Think of as many other possible outcomes as you can.
- 5. Ask: What's the catastrophe?**
Imagine the catastrophe really occurring.
Imagine coping well with a catastrophe (through problem solving, coping ahead, or radical acceptance).
- 6. Ask: Does my emotion and/or its intensity fit the actual facts?**
Check out facts that fit each emotion.
Ask Wise Mind.
(See *Emotion Regulation Handout 11: Figuring Out Opposite Actions, and Emotion Regulation Handout 13: Reviewing Problem Solving and Opposite Action.*)

EMOTION REGULATION HANDOUT 8A

(Emotion Regulation Worksheet 5; p. 285)

Examples of Emotions That Fit the Facts

Fear	<ol style="list-style-type: none">1. There is a threat to your life or that of someone you care about.2. There is a threat to your health or that of someone you care about.3. There is a threat to your well-being or that of someone you care about.4. Other: _____
Anger	<ol style="list-style-type: none">1. An important goal is blocked or a desired activity is interrupted or prevented.2. You or someone you care about is attacked or hurt by others.3. You or someone you care about is insulted or threatened by others.4. The integrity or status of your social group is offended or threatened.5. Other: _____
Disgust	<ol style="list-style-type: none">1. Something you are in contact with could poison or contaminate you.2. Somebody whom you deeply dislike is touching you or someone you care about.3. You are around a person or group whose behavior or thinking could seriously damage or harmfully influence you or the group you are part of.4. Other: _____
Envy	<ol style="list-style-type: none">1. Another person or group gets or has things you don't have that you want or need.2. Other: _____
Jealousy	<ol style="list-style-type: none">1. A very important and desired relationship or object in your life is in danger of being damaged or lost.2. Someone is threatening to take a valued relationship or object away from you.3. Other: _____
Love	<ol style="list-style-type: none">1. Loving a person, animal, or object enhances quality of life for you or for those you care about.2. Loving a person, animal, or object increases your chances of attaining your own personal goals.3. Other: _____
Sadness	<ol style="list-style-type: none">1. You have lost something or someone permanently.2. Things are not the way you wanted or expected and hoped them to be.3. Other: _____
Shame	<ol style="list-style-type: none">1. You will be rejected by a person or group you care about if characteristics of yourself or of your behavior are made public.2. Other: _____
Guilt	<ol style="list-style-type: none">1. Your own behavior violates your own values or moral code.2. Other: _____

Intensity and duration of an emotion are justified by:

1. How likely it is that the expected outcomes will occur.
2. How great and/or important the outcomes are.
3. How effective the emotion is in your life now.

EMOTION REGULATION HANDOUT 9

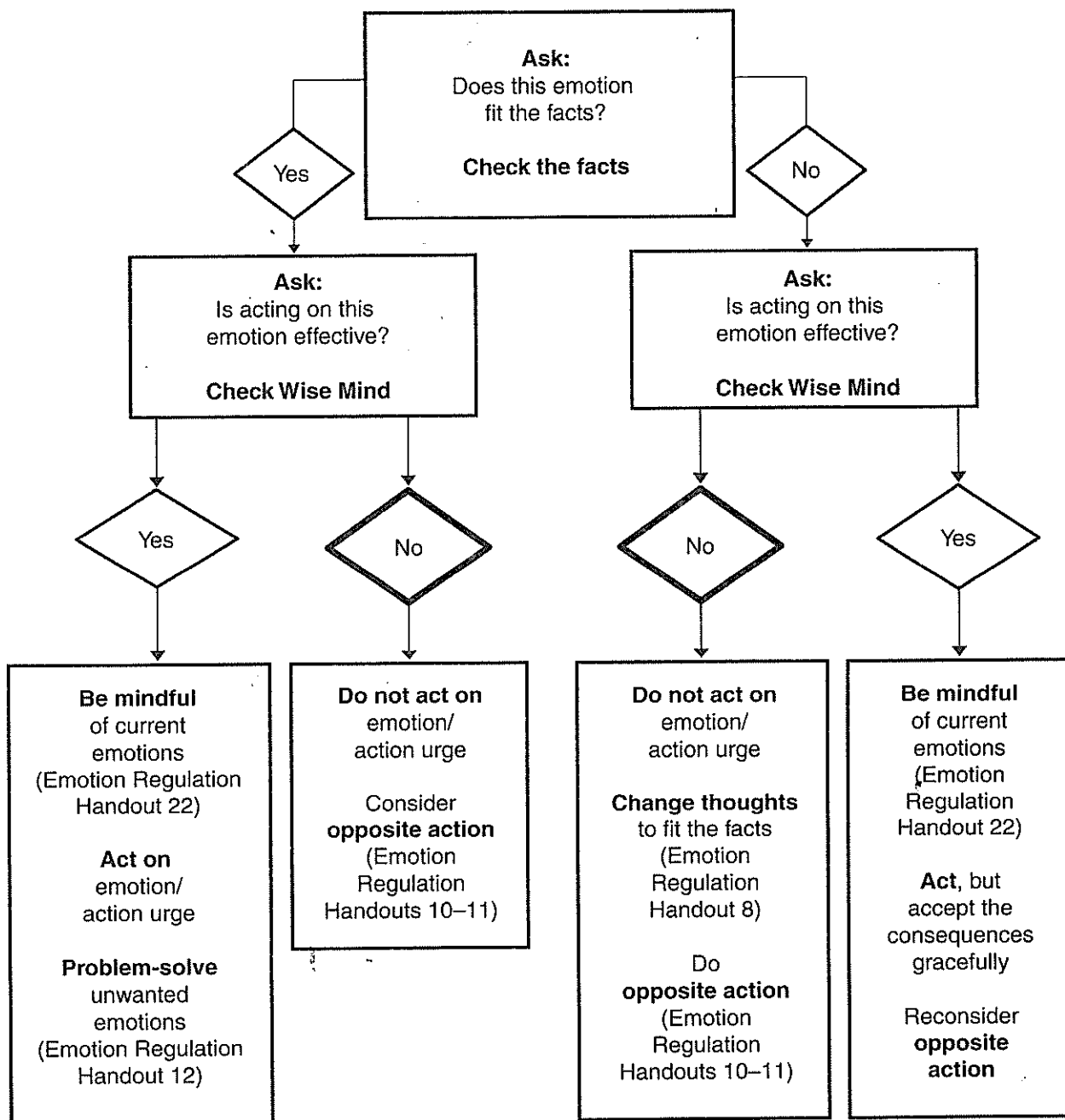


(Emotion Regulation Worksheet 6; p. 287)

Opposite Action and Problem Solving: Deciding Which to Use

Opposite action = Acting opposite to an emotion's action urge

Problem solving = Avoiding or changing (solving) a problem event



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EMOTION REGULATION HANDOUT 10



(Emotion Regulation Worksheet 7; p. 288)

Opposite Action

Use opposite action when your emotions do NOT fit the facts
or when acting on your emotions is NOT effective.

EVERY EMOTION HAS AN ACTION URGE.

CHANGE THE EMOTION BY ACTING OPPOSITE TO ITS ACTION URGE.

Consider these examples:

<u>EMOTION</u>	<u>ACTION URGE</u>	<u>OPPOSITE ACTION</u>
Fear	Run away/avoid	Approach/don't avoid
Anger	Attack	Gently avoid/be a little nice
Sadness	Withdraw/isolate	Get active
Shame	Hide/avoid	Tell the secret to people who will accept it

HOW TO DO OPPOSITE ACTION, STEP BY STEP

- Step 1. IDENTIFY AND NAME THE EMOTION** you want to change.
- Step 2. CHECK THE FACTS** to see if your emotion is justified by the facts.
Check also whether the intensity and duration of the emotion fit the facts.
(Example: "Irritation" fits the facts when your car is cut in front of; "road rage" does not.)
An emotion is justified when your emotion fits the facts.
- Step 3. IDENTIFY AND DESCRIBE YOUR ACTION URGES.**
- Step 4. ASK WISE MIND:** Is expression or acting on this emotion effective in this situation?
If your emotion does not fit the facts or if acting on your emotion is not effective:
- Step 5. IDENTIFY OPPOSITE ACTIONS** to your action urges.
- Step 6. ACT OPPOSITE ALL THE WAY** to your action urges.
- Step 7. REPEAT ACTING OPPOSITE** to your action urges until your emotion changes.



Figuring Out Opposite Actions

FEAR

Fear **FITS THE FACTS** of a situation whenever there is a **THREAT** to:

- A. Your life or that of someone you care about.
- B. Your health or that of someone you care about.
- C. Your well-being or that of someone you care about.
- D. Other example: _____

Follow these suggestions when your fear is **NOT JUSTIFIED** by the facts or **NOT EFFECTIVE**:

OPPOSITE ACTIONS for Fear

Do the **OPPOSITE** of your fearful action urges. For example:

1. Do what you are afraid of doing . . . **OVER AND OVER**.
2. **APPROACH** events, places, tasks, activities, and people you are afraid of.
3. Do things to give yourself a sense of **CONTROL** and **MASTERY** over your fears.

ALL-THE-WAY OPPOSITE ACTIONS for Fear

4. Keep your **EYES AND EARS OPEN** and focused on the feared event.
Look around slowly; explore.
5. Take in the information from the situation (i.e., notice that you are safe).
6. Change **POSTURE AND KEEP A CONFIDENT VOICE TONE**.
Keep your head and eyes up, and your shoulders back but relaxed.
Adopt an assertive body posture (e.g., knees apart, hands on hips, heels a bit out).
7. Change your **BODY CHEMISTRY**.
For example, do paced breathing by breathing in deeply and breathing out slowly.

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ANGER

Anger **FITS THE FACTS** of a situation whenever:

- A. An important goal is blocked or a desired activity is interrupted or prevented.
- B. You or someone you care about is attacked or hurt by others.
- C. You or someone you care about is insulted or threatened by others.
- D. The integrity or status of your social group is offended or threatened.
- E. Other example: _____

Follow these suggestions when your anger is **NOT JUSTIFIED** by the facts or is **NOT EFFECTIVE**:

OPPOSITE ACTIONS for Anger

Do the **OPPOSITE** of your angry action urges. For example:

- 1. **GENTLY AVOID** the person you are angry with (rather than attacking).
- 2. **TAKE A TIME OUT**, and breathe in and out deeply and slowly.
- 3. **BE KIND** (rather than mean or insulting).

ALL-THE-WAY OPPOSITE ACTIONS for Anger

- 4. **IMAGINE UNDERSTANDING** and empathy for the other person.

Step into the other person's shoes. Try to see the situation from the other person's point of view.

Imagine really good reasons for what has happened.

- 5. **CHANGE YOUR POSTURE.**

Unclench hands, with palms up and fingers relaxed (**WILLING HANDS**).

Relax chest and stomach muscles.

Unclench teeth.

Relax facial muscles. Half-smile.

- 6. **CHANGE YOUR BODY CHEMISTRY.**

For example, do paced breathing by breathing in deeply and breathing out slowly.

Or, run or engage in another physically energetic, nonviolent activity.

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DISGUST

Disgust **FITS THE FACTS** of a situation whenever:

- A.** Something you are in contact with could poison or contaminate you.
- B.** Somebody whom you deeply dislike is touching you or someone you care about.
- C.** You are around a person or group whose behavior or thinking could seriously damage or harmfully influence you or the group you are part of.
- D.** Other example: _____

Follow these suggestions when your disgust is **NOT JUSTIFIED** by the facts or is **NOT EFFECTIVE**:

OPPOSITE ACTIONS for Disgust

Do the **OPPOSITE** of your disgusted action urges. For example:

- 1. **MOVE CLOSE.** Eat, drink, stand near, or embrace what you found disgusting.
- 2. Be **KIND** to those you feel contempt for; step into the other person's shoes.

ALL-THE-WAY OPPOSITE ACTIONS for Disgust

- 3. **IMAGINE UNDERSTANDING** and empathy for the person you feel disgust or contempt for.

Try to see the situation from the other person's point of view.
Imagine really good reasons for how the other person is behaving or looking.

- 4. **TAKE IN** what feels repulsive.

Be sensual (inhaling, looking at, touching, listening, tasting).

- 5. **CHANGE YOUR POSTURE.**

Unclench hands with palms up and fingers relaxed (willing hands).
Relax chest and stomach muscles.
Unclench teeth.
Relax facial muscles.
Half-smile.

- 6. **CHANGE YOUR BODY CHEMISTRY.**

For example, do paced breathing by breathing in deeply and breathing out slowly.

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ENVY

Envy **FITS THE FACTS** of a situation whenever:

- A. Another person or group has what you want or need but don't have.
- B. Other example: _____

Follow these suggestions when your envy is **NOT JUSTIFIED** by the facts or is **NOT EFFECTIVE**:

OPPOSITE ACTIONS for Envy

Do the **OPPOSITE** of your envious action urges. For example:

- 1. **INHIBIT DESTROYING** what the other person has.
- 2. **COUNT YOUR BLESSINGS**. Make a list of the things you are thankful for.

ALL-THE-WAY OPPOSITE ACTIONS for Envy

- 3. **COUNT ALL** your blessings.

Avoid discounting some blessings.
Avoid exaggerating your deprivations.

- 4. Stop **EXAGGERATING** others' net worth or value; check the facts.

- 5. **CHANGE YOUR POSTURE**.

Unclench hands with palms up and fingers relaxed (**WILLING HANDS**).
Relax chest and stomach muscles.
Unclench teeth.
Relax facial muscles.
Half-smile.

- 6. **CHANGE YOUR BODY CHEMISTRY**.

For example, do paced breathing by breathing in deeply and breathing out slowly.

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JEALOUSY

Jealousy **FITS THE FACTS** of a situation whenever:

- A. Someone is threatening to take a very important and desired relationship or object away from you.
- B. An important and desired relationship is in danger of being damaged or lost.
- C. Other example: _____

Follow these suggestions when your jealousy is **NOT JUSTIFIED** by the facts or is **NOT EFFECTIVE**:

OPPOSITE ACTIONS for Jealousy

Do the **OPPOSITE** of your jealous action urges. For example:

- 1. **LET GO** of controlling others' actions.
- 2. **SHARE** the things and people you have in your life.

ALL-THE-WAY OPPOSITE ACTIONS for Jealousy

- 3. **STOP SPYING** or snooping.

Suppress probing questions ("Where were you? Who were you with?").
Fire your "private detective."

- 4. **NO AVOIDING**. Listen to all the details. Focus on sensations.

Keep your eyes open; look around.
Take in all the information about the situation.

- 5. **CHANGE YOUR POSTURE**.

Unclench hands with palms up and fingers relaxed (**WILLING HANDS**).
Relax chest and stomach muscles.
Unclench teeth.
Relax facial muscles.
Half-smile.

- 6. **CHANGE YOUR BODY CHEMISTRY**.

For example, do paced breathing by breathing in deeply and breathing out slowly.

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LOVE

Love (other than universal love for all) **FITS THE FACTS** of a situation whenever:

- A. Loving a person, animal, or object enhances quality of life for you or for those you care about.
- B. Loving a person, animal, or object increases your chances of attaining your own personal goals.
- C. Other example: _____

Follow these suggestions when your love is **NOT JUSTIFIED** by the facts or is **NOT EFFECTIVE**:

OPPOSITE ACTIONS for Love

Do the **OPPOSITE** of your loving action urges. For example:

- 1. **AVOID** the person, animal, or object you love.
- 2. **DISTRACT** yourself from thoughts of the person, animal, or object.
- 3. **REMINDE** yourself of why love is not justified (rehearse the “cons” of loving) when loving thoughts do arise.

ALL-THE-WAY OPPOSITE ACTIONS for Love

- 4. **AVOID CONTACT** with everything that reminds you of a person you love: pictures, letters/ messages/e-mails, belongings, mementos, places you were together, places you planned to or wanted to go together, places where you know the person has been or will be. No following, waiting for, or looking for the person.
- 5. **STOP EXPRESSING LOVE** for the person, even to friends. Be unfriendly toward the person (e.g., “unfriend” the person on Facebook, Twitter, etc.).
- 6. **ADJUST YOUR POSTURE AND EXPRESSIONS** if you are around the person you love.
 - No leaning toward him or her.
 - No getting close enough to touch.
 - No sighing/gazing at the person.

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SADNESS

Sadness **FITS THE FACTS** of a situation whenever:

- A. You have lost something or someone permanently.
- B. Things are not the way you want or expected and hoped them to be.
- C. Other example: _____

Follow these suggestions when sadness is **NOT JUSTIFIED** by the facts or is **NOT EFFECTIVE**:

OPPOSITE ACTIONS for Sadness

Do the **OPPOSITE** of your sad action (or inaction) urges. For example:

- 1. Get **ACTIVE**; approach.
- 2. **AVOID AVOIDING**.
- 3. **BUILD MASTERY**: Do things that make you feel competent and self-confident.
(See *Emotion Regulation Handout 19: Build Mastery and Cope Ahead.*)
- 4. Increase **PLEASANT EVENTS**.

ALL-THE-WAY OPPOSITE ACTIONS for Sadness

- 5. Pay attention to the **PRESENT MOMENT!**
Be mindful of your environment—each detail as it unfolds.
Experience new or positive activities you are engaging in.
- 6. **CHANGE YOUR POSTURE** (adopt a “bright” body posture, with head up, eyes open, and shoulders back).
Keep an upbeat voice tone.
- 7. **CHANGE YOUR BODY CHEMISTRY**.
For example, increase physical movement (run, jog, walk, or do other active exercise).

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SHAME

Shame **FITS THE FACTS** of a situation whenever:

- A. You will be rejected by a person or group you care about if your personal characteristics or behavior are made public.
- B. Other example: _____

Follow these suggestions when *both* shame and guilt are **NOT JUSTIFIED** by the facts or are **NOT EFFECTIVE**:

OPPOSITE ACTIONS for Shame

Do the **OPPOSITE** of your action urges. For example:

- 1. **MAKE PUBLIC** your personal characteristics or your behavior (with people who won't reject you).
- 2. **REPEAT** the behavior that sets off shame over and over (without hiding the behavior from those who won't reject you).

ALL-THE-WAY OPPOSITE ACTIONS for Shame

- 3. **NO APOLOGIZING** or trying to make up for a perceived transgression.
- 4. **TAKE IN** all the information from the situation.
- 5. **CHANGE YOUR BODY POSTURE**. Look innocent and proud. Lift your head; "puff up" your chest; maintain eye contact. Keep your voice tone steady and clear.

Follow these suggestions when shame is **NOT JUSTIFIED** by the facts or is **NOT EFFECTIVE**, but **GUILT IS JUSTIFIED** (your behavior does violate your own moral values):

OPPOSITE ACTIONS for Shame

Do the **OPPOSITE** of your action urges. For example:

- 1. **MAKE PUBLIC** your behavior (with people who won't reject you).
- 2. **APOLOGIZE** for your behavior.
- 3. **REPAIR** the transgressions, or work to prevent or repair similar harm for others.
- 4. **COMMIT** to avoiding that mistake in the future.
- 5. **ACCEPT** the consequences gracefully.

ALL-THE-WAY OPPOSITE ACTIONS for Shame

- 6. **FORGIVE** yourself. Acknowledge the causes of your behavior.
- 7. **LET IT GO**.

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GUILT

Guilt **FITS THE FACTS** of a situation whenever:

- A. Your behavior violates your own values or moral code.
- B. Other example: _____

Follow these suggestions when *both* guilt and shame are **NOT JUSTIFIED** by the facts or are **NOT EFFECTIVE**:

OPPOSITE ACTIONS for Guilt

Do the **OPPOSITE** of your action urges. For example:

1. **MAKE PUBLIC** your personal characteristics or your behavior (with people who won't reject you).
2. **REPEAT** the behavior that sets off guilt over and over (without hiding the behavior from those who won't reject you).

ALL-THE-WAY OPPOSITE ACTIONS for Guilt

3. **NO APOLOGIZING** or trying to make up for a perceived transgression.
4. **TAKE IN** all the information from the situation.
5. **CHANGE YOUR BODY POSTURE**. Look innocent and proud. Lift your head; "puff up" your chest; maintain eye contact. Keep your voice tone steady and clear.

Follow these suggestions when guilt is **NOT JUSTIFIED** by the facts or is **NOT EFFECTIVE** but **SHAME IS JUSTIFIED** (you will be rejected by people you care about if found out):

OPPOSITE ACTIONS for Guilt

1. **HIDE** your behavior (if you want to stay in the group).
2. **USE INTERPERSONAL SKILLS** (if you want to stay in the group).
3. **WORK TO CHANGE** the person's or group's values.
4. **JOIN A NEW GROUP** that fits your values (and will not reject you).
5. **REPEAT** the behavior that sets off guilt over and over with your new group.

ALL-THE-WAY OPPOSITE ACTIONS for Guilt

6. **VALIDATE YOURSELF**.

EMOTION REGULATION HANDOUT 12

(Emotion Regulation Worksheet 8; pp. 289–290)



Problem Solving

Step 1. FIGURE OUT and DESCRIBE the problem situation.

Step 2. CHECK THE FACTS (all the facts) to be sure you have the right problem situation!

If your facts are correct and the situation is the problem, continue with STEP 3.

If your facts are not correct, go back and repeat STEP 1.

Step 3. IDENTIFY YOUR GOAL in solving the problem.

- Identify what needs to happen or change for you to feel OK.
- Keep it simple, and choose something that can actually happen.

Step 4. BRAINSTORM lots of solutions.

- Think of as many solutions as you can. Ask for suggestions from people you trust.
- Do not be critical of any ideas at first. (Wait for Step 5 to evaluate ideas.)

Step 5. CHOOSE a solution that fits the goal and is likely to work.

- If you are unsure, choose two solutions that look good.
- Do PROS and CONS to compare the solutions.
- Choose the best to try first.

Step 6. Put the solution into ACTION.

- ACT! Try out the solution.
- Take the first step, and then the second . . .

Step 7. EVALUATE the results of using the solution.

It worked? YEA!!! It didn't work? Go back to STEP 5 and choose a new solution to try.



Reviewing Opposite Action and Problem Solving

	Justifying Events	Act Opposite to Emotion Urge (for Unjustified Emotion)	Act on Emotion Urge, Problem-Solve, or Avoid (for Justified Emotion)
Fear	<p>A. Your life is in danger.</p> <p>B. Your health is in danger.</p> <p>C. Your well-being is in danger.</p>	<p>1. Do what you are afraid of doing . . . over and over.</p> <p>2. Approach what you are afraid of.</p> <p>3. Do what gives you a sense of control and mastery.</p>	<p>1. Freeze/run if danger is near.</p> <p>2. Remove the threatening event.</p> <p>3. Do what gives you a sense of control and mastery of the fearful event.</p> <p>4. Avoid the threatening event.</p>
Anger	<p>A. An important goal is blocked or a desired activity is interrupted or prevented.</p> <p>B. You or someone you care about is attacked or hurt (physically or emotionally) by others.</p> <p>C. You or someone you care about is insulted, offended, or threatened by others.</p>	<p>1. Gently avoid.</p> <p>2. Take a time out.</p> <p>3. Do something kind.</p> <p>4. Imagine understanding: Step into the other person's shoes.</p> <p>5. Imagine really good reasons for what happened.</p>	<p>1. Fight back when being attacked, if you have nothing to lose by fighting.</p> <p>2. Overcome obstacles to goals.</p> <p>3. Work to stop further attacks, insults, and threats.</p> <p>4. Avoid or walk out on people who are threatening.</p>
Disgust	<p>A. Something you are in contact with could poison or contaminate you.</p> <p>B. You are close to a person or group whose actions or thinking could seriously damage or harm you or the group you are part of.</p>	<p>1. Move close. Embrace.</p> <p>2. Be kind; step into the other person's shoes.</p> <p>3. Take in what feels repulsive.</p> <p>4. See the situation from the other person's point of view.</p>	<p>1. Remove/clean up revolting things.</p> <p>2. Influence others to stop harmful actions/stop things that contaminate your community.</p> <p>3. Avoid or push away harmful people or things.</p> <p>4. Imagine understanding a person who has done disgusting things.</p>

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EMOTION REGULATION HANDOUT 13 (p. 2 of 3)

	Justifying Events	Act Opposite to Emotion Urge (for Unjustified Emotion)	Act on Emotion Urge, Problem-Solve, or Avoid (for Justified Emotion)
Envy	<p>A. Another person or group gets or has things you don't have that you want or need.</p>	<ol style="list-style-type: none"> 1. Inhibit destroying other people's things. 2. Count your blessings. 3. Imagine how it all makes sense. 4. Stop exaggerating others' worth or value. 	<ol style="list-style-type: none"> 1. Improve yourself and your life. 2. Get others to be fair. 3. Devalue what others have that you don't have. 4. Put on rose-colored glasses. 5. Avoid people who have more than you.
Jealousy	<p>A. An important and desired relationship or object is in danger of being damaged or lost.</p> <p>B. Someone is threatening to take away an important and desired relationship or object.</p>	<ol style="list-style-type: none"> 1. Let go of trying to control others. 2. Share what you have with others. 3. Stop spying and snooping. 4. No avoiding; take in all the information. 	<ol style="list-style-type: none"> 1. Protect what you have. 2. Work at being more desirable to the person(s) you want to be in a relationship with (i.e., fight for relationships). 3. Leave the relationship.
Love	<p>A. Loving a valued/ admired person, animal, or object enhances the quality of life for you or those you care about.</p> <p>B. Loving the person, animal, or object increases your chances of attaining your own personal goals.</p>	<ol style="list-style-type: none"> 1. Avoid the person, animal, or object you love altogether. 2. Distract yourself from thoughts of the beloved. 3. Avoid contact with all reminders of the beloved. 4. Remind yourself of why love is not justified. 	<ol style="list-style-type: none"> 1. Be with the person, animal, or thing that you love. 2. Touch, hold, etc., the beloved. 3. Avoid separations when possible. 4. If the beloved is lost, fight to find or get the beloved back (if it may be possible).
Sadness	<p>A. You have lost something or someone permanently.</p> <p>B. Things are not the way you expected or wanted or hoped for.</p>	<ol style="list-style-type: none"> 1. Activate your behavior. 2. Avoid avoiding. 3. Build mastery: Do things that make you feel competent and self-confident. 4. Increase pleasant events. 5. Pay attention to pleasant events. 	<ol style="list-style-type: none"> 1. Grieve; have a memorial service; visit the cemetery (but don't build a house at the cemetery). 2. Retrieve/replace what is lost. 3. Plan how to rebuild a life worth living without the beloved or expected outcomes in your life. 4. Accumulate positives. 5. Build mastery: Do things that make you feel competent and self-confident. 6. Communicate need for help. 7. Accept help offered. 8. Put on rose-colored glasses.

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EMOTION REGULATION HANDOUT 13 (p. 3 of 3)

	Justifying Events	Act Opposite to Emotion Urge (for Unjustified Emotion)	Act on Emotion Urge, Problem-Solve, or Avoid (for Justified Emotion)
Shame	<p>A. You will be rejected by a very important person or group if characteristics of yourself or of your behavior are made public.</p>	<ol style="list-style-type: none"> 1. Make public your personal characteristics or behavior (with people who won't reject you). 2. Repeat the behavior without hiding from people who won't reject you. 3. Or, if <i>your</i> moral code is violated, apologize and repair; forgive yourself; and let it go. 	<ol style="list-style-type: none"> 1. Hide what will get you rejected. 2. Appease those offended. 3. Change your behavior or personal characteristics to fit in. 4. Avoid groups who disapprove of you. 5. Find a new group that fits your values or that likes your personal characteristics. 6. Work to change society's or a person's values.
Guilt	<p>A. Your own behavior violates your own values or moral code.</p>	<ol style="list-style-type: none"> 1. Do what makes you feel guilty over and over and over. 2. Make public your behavior (with people who won't reject you). <p><i>Or, if you will be rejected by others:</i></p> <ol style="list-style-type: none"> 3. Hide your behavior. 4. Use interpersonal skills. 5. Work to change your group's values or join a new group. 	<ol style="list-style-type: none"> 1. Seek forgiveness. 2. Repair the harm; make things better (or, if not possible, work to prevent or repair similar harm for others). 3. Accept the consequences gracefully. 4. Commit to avoiding behaviors that violate your moral values in the future.