Opposite Action Readiness - Review journal

Review an attempt at opposite action readiness and choose what to keep, change, or leave aside.

Adults; supported use as appropriate | 10 minutes

Fictional example: Taylor wants to avoid a harmless routine question after assuming annoyance.

Use an ordinary or fictional example, with a clinician when appropriate. Changing an emotional action urge depends on fit, facts, and safety.

Practice task

With a clinician, assess whether an urge fits the facts and whether acting on it is effective before designing a small alternative.

1. What I tried, or what happened in the fictional example:

2. What I noticed before, during, and after; what remains uncertain:

3. What helped, did not help, or was outside my control:

4. What makes an alternative action appropriate in this specific situation? My optional adjustment or support request:

Scope and adaptation

These are selected DBT-informed educational exercises, not comprehensive DBT, phone coaching, or crisis care. Use individualized clinical assessment and existing care plans. No cold-water immersion, breath holding, intense exercise prescriptions, exposure assignments, or risk scoring are included. Behavior chains and opposite-action decisions need clinician guidance when risk or complexity is present.

Original AI-assisted educational draft; independent clinical review pending. Version 1.0. Background: Dialectical Behavior Therapy Skills Training: Fundamentals. Full source links and scope: library.morethantherapy.org/approaches/resources/DBT-A13-5