

## DO THE OPPOSITE

Here is an exercise (adapted from *The Mindfulness Workbook for Addiction* by Rebecca Williams and Julie Kraft, 2012) that will help you practice and plan how to *do the opposite* when you find yourself stuck in a pattern of behavior that isn't getting you where you want to be. Record your responses to the following:

Describe the situation.

Identify your core belief(s).

List your emotions.

Explain your usual response(s) or behavior(s).

Describe the result.

Now identify the opposite behavioral response(s).

What would the likely result have been?

What would your likely emotions have been?