

Check The Facts Worksheet



In the last section, we covered why it's important to **check the facts** in an emotional situation, and the questions you can ask yourself to determine what is actually happening.

This worksheet will guide you through checking the facts in an emotional situation.

Step One

Ask yourself: What emotions am I feeling? What emotion do I want to change?

Rate the intensity of your emotion before checking the facts, on a scale from 0-100.

your rating: _____

Step Two

Ask yourself: What event is causing this emotion? Describe, in detail using your senses, the situation that led to this emotion.

Now that you've described the event, go back through your last answer, and carefully look for extremes and judgmental statements in your description. Is there anything you would like to rewrite to be as accurate as possible?

Check The Facts Worksheet



Step Three

Ask yourself: How am I interpreting this event? Have I made any assumptions?

Now that you've interpreted the event for yourself, write down as many other interpretations for the situation as you can. Is there anything you would like to rewrite to be as accurate as possible?

Step Four

Ask yourself: Is there a threat or catastrophe as a result of this event? What is the threat? How likely is it to actually occur? What other outcomes are likely?

Now write down any other outcomes you can think of, based on the facts you wrote down above. Is there anything you would like to rewrite to be as accurate as possible?

Check The Facts Worksheet



Step Five

Ask yourself: What is the worst possible outcome I can imagine? Write as many details as you can.

Now that you've described your worst-case scenario, write down ways you can cope if the worst ends up happening.

Step Six

Ask yourself: Does my reaction fit the facts?

If you're not sure that your reaction fits the facts, go through them again. Keep checking the facts until you are sure your reaction is to the facts and not something else.

Rate the intensity of your emotion after checking the facts, on a scale from 0-100.

your rating: _____