

## Check the Facts Worksheet

<b>Step 1. What emotion do I want to change?</b>	<b>Intensity (0-100):</b>	<b>Rerate:</b>
<b>Step 2. What is the activating or prompting event or situation that triggered this emotional reaction?</b> Describe impartially. Who, what, where, when?		
<b>CHECK THE FACTS:</b> Look for assumptions, judgments, interpretations, emotional statements, distortions <b>Rewrite the facts, if necessary, to describe the situation more accurately</b>		
<b>FACTS:</b>		
<b>Step 3. What are my beliefs, thoughts, assumptions and/or interpretations of the situation or event?</b>		
<b>CHECK THE FACTS:</b> List other possible beliefs, thoughts and/or interpretations		
<b>Write a revised interpretation that better fits the facts:</b>		

**Step 4. Am I assuming a THREAT? What is the THREAT? What am I worried/afraid/expecting will happen?**

**CHECK THE FACTS**

**Other possible outcomes:**

**Most probable outcome; or a plausible and less threatening outcome:**

**Step 5. What's the CATASTROPHE if the outcome I'm worrying about does occur? What is the worst possible outcome I can *reasonably* expect?**

**If this catastrophe does happen, what can I do to cope?**

**Go to Step 1 and Rerate Emotion's Intensity**

**Step 6: Does my emotion, its intensity and duration FIT THE FACTS? (Rate from 0 = No to 5 = Yes)**