

# EMOTION REGULATION HANDOUT 8

([Emotion Regulation Worksheet 5](#))



## 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](#))

## Examples of Emotions That Fit the Facts

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

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.