

Check the Facts Worksheet

Step 1. What emotion do I want to change? Intensity (0-100): _____ Rerate:

Step 2. What is the activating or prompting event or situation that triggered this emotional reaction?

Describe impartially. Who, what, where, when?

CHECK THE FACTS: Look for assumptions, judgments, interpretations, emotional statements, distortions

Rewrite the facts, if necessary, to describe the situation more accurately

FACTS:

Step 3. What are my beliefs, thoughts, assumptions and/or interpretations of the situation or event?

CHECK THE FACTS: List other possible beliefs, thoughts and/or interpretations

Write a revised interpretation that better fits the facts:

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)