

Reality Checking Grid

EXAMPLE:

SITUATION: What is happening?	I had to open several public doors
THOUGHTS & BELIEFS: SCALE YOUR WORRY:	My hands are dirty, I will get sick. 7/10
CHECK THE EVIDENCE: What tells you this worry or thought may be true? What tells you that it might not be true?	Sometimes people do get sick from the spread of germs on surfaces. I have often touched doors and not gotten sick. I have a healthy immune system to fight germs.
REALISTIC VIEW: What is a balanced way to look at it? SCALE YOUR WORRY:	Even if there are germs, my body can fight them. I can wash my hands before I eat dinner. 4/10

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YOUR TURN:

SITUATION: What is happening?	
THOUGHTS & BELIEFS: SCALE YOUR WORRY:	
CHECK THE EVIDENCE: What tells you this worry or thought may be true? What tells you that it might not be true?	
REALISTIC VIEW: What is a balanced way to look at it? SCALE YOUR WORRY:	