Check the facts

Check whether your feeling fits what actually happened.

Name _____ Date _____

The emotion I want to check, and how strong it is (0 to 10)

What happened? Only what a camera would have recorded.

What am I telling myself about it? My interpretations and assumptions.

What other ways are there of seeing it?

Am I assuming a threat or a disaster? What is the realistic outcome, and could I cope?

Does it fit?

How well does my emotion fit the facts?

0 — 1 — 2 — 3 — 4 — 5 — 6 — 7 — 8 — 9 — 10

Not at all — Completely

Does its strength fit the facts?

0 — 1 — 2 — 3 — 4 — 5 — 6 — 7 — 8 — 9 — 10

Far too strong — About right

If it fits

What problem needs solving? What do I need to say or do?

If it does not fit

What opposite action could I take?

How I feel now

Check the facts is a skill from Dialectical Behaviour Therapy (DBT), developed by Marsha Linehan.

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