

Check The Facts

Sometimes our feelings can get really strong because of what we think is happening, even if the event itself isn't as big as we imagined. This worksheet helps us check what's really happening and see if our feelings match the facts.

Step 1

What feeling do you want to change?

How big is that feeling right now?



Step 2

What happened that made you feel this way?

Step 3

Did you make any guesses or assumptions about what was going on? Can you think of other ways to look at the situation?

Step 4

What's the “threat” you're worried about?

Step 5

What's the worst thing that could happen? How could you handle it?

Step 6

Does your feeling match the event? Does it make sense that you're feeling this way, or is it bigger than the event?

How did you check the facts?