

CHECK THE FACTS

WORKSHEET

In order to know what the best {most effective} RESPONSE to any situation; it is important to know exactly what I am dealing with. What emotion was triggered? Was my reaction reasonable considering the circumstances? Am I reacting to provable facts, or my own personal interpretation?

1) Prompting Event / Triggering Situation:

Describe as detailed as possible EXACTLY what occurred that caused me to feel the way I do?

2) What Emotion did this Event cause? _____ Intensity (1-5)? _____

3) What specifically about this situation am I reacting to? _____

4) How do I know if the triggering thought is accurate? Is there solid proof to verify it? List as many provable facts as possible _____

5) Is there any other ways I could interpret this event? How could this be seen from a different perspective? _____

6) Is this situation being seen in only Black and White. What in it could be seen in gray, from the middle path? _____

7) Is this occurrence really in my control? What are my Options of Responses?

I Could:

I Could:

I Could:

My Most Effective Option would be _____