Check the Facts

1. What is the emotion? __________________________
   - If you are unsure of the emotion, consult with the Emotion Regulation Handout 4: Describing Emotions
   - If there are several emotions, list the most intense emotion.

2. What is the intensity of the emotion; 0-100%? __________%

3. What is the prompting event that elicited the emotion?
   - Using the observe and describe skills of mindfulness, label the prompting event using just the facts.

4. What is your automatic thought, assumption, or interpretation about the prompting event?
   - Are you assuming that there is an absolute worst case scenario?

5. If the absolute worst case scenario happened, what would you do?
   - Ask yourself, “So what?” or “And…?”
   - What skills could you use to help effectively cope with this worst case scenario?

6. List all possible facts that disprove your automatic thought, assumption, interpretation
   - What would you tell your best friend, partner, spouse, child, etc?

7. Based on all of the facts you listed, what is a more balanced thought?
   - Example: “Although I have the thought … [list facts that disprove your automatic thought”

8. Has the original emotion listed in 1. decreased in intensity? Re-rate the emotional intensity 0-100% __________%

9. How much do you believe the new balanced thought, 0-100%? _______%