



# Check the Facts



Check the facts is the skill to use when you notice that how you are interpreting a particular event may be intensifying your emotional response. Use this worksheet after you've taken a break from the situation to consider if you are struggling with any cognitive distortions, whether there are alternate ways to interpret the situation, what the facts of the situation are, and what remaining questions you have for others involved in the situation.

Emotion: \_\_\_\_\_

Intensity (1-10): \_\_\_\_\_

- 1 The facts:** (What exactly happened? Who said what? Who did what? Be as objective as possible in this description, being careful not to include any assumptions or judgments.)

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- 2 My interpretation:** (What thoughts are coming to mind? Are you making any assumptions or judgments? What cognitive distortions are present in your interpretation?)

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- 3 Alternative interpretations:** (How else could this situation possible be interpreted? What are other equally-as-likely explanations or outcomes?)

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- 4 My questions:** (What don't you know at this point? What would be helpful to ask others involved to get a more accurate interpretation of the event?)

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- 5 Takeaways:** (How do you feel after taking a step back and going through this worksheet? Is there anything you learned about yourself or others?)

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