

Module: Emotion Regulation

Coping Skill: Check the Facts

The 'Check the Facts' skill helps you figure out if your emotions match the reality of a situation, or if they are based on assumptions, interpretations, or past experiences. Use this worksheet to guide your thinking and write out your answers.

Steps to Check the Facts:

1. Identify the emotion you are feeling. What is it? (e.g., anger, fear, sadness)
2. Describe the situation prompting the emotion. What happened?
3. Ask yourself: What are the facts? What do I know for sure?
4. Am I interpreting the situation, or do I have evidence?
5. Is my emotion a reasonable and effective response to the ACTUAL facts?
6. If the emotion fits the facts, consider problem-solving or accepting the situation.
7. If the emotion does NOT fit the facts, consider using an Opposite Action.

Emotion I'm feeling (if you're having trouble, use the Feelings Wheel):

Situation (what happened?):

Facts I know for sure (what I KNOW, not what I THINK):

Possible interpretations (not facts – what do I think?):

Does my emotion fit the facts? **Yes** **No**

If yes, what can I do to cope or solve the problem?

If no, what Opposite Action could I try?

Conclusion:

Did this exercise help me get through this situation?

What can I do differently next time I feel this way?