

### 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.

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4. *What is your automatic thought, assumption, or interpretation about the prompting event?*

- Are you assuming that there is an absolute worst case scenario?

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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?

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

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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”

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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%? \_\_\_\_\_%

