

# Check The Facts

The "Check the Facts" exercise is particularly useful for managing intense emotions and reactions that might be based more on interpretation than on objective reality.

## 1. Describe the Situation

Write down a brief description of the situation that is causing you emotional distress. Try to be as objective as possible, focusing only on what happened without adding interpretation or judgment.

*Example: "My friend didn't reply to my text for two days."*

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## 2. Identify the Emotion

Identify and name the emotion you are feeling in response to the situation. Try to be specific about the emotion (e.g., anger, sadness, fear).

*Example: "I feel rejected and anxious."*

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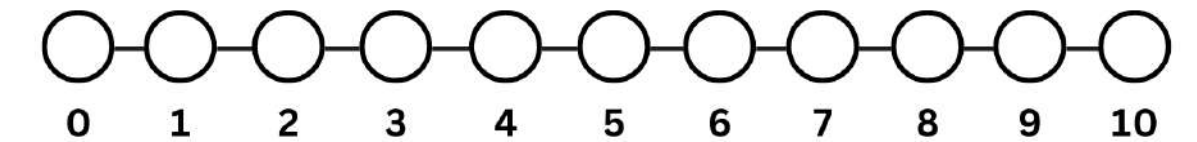
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### 3. Rate the Intensity

Rate the intensity of your emotion on a scale from 0 to 10, where 0 is no intensity at all and 10 is the most intense the emotion could possibly be.



### 4. List the Facts Supporting Your Emotion

Write down the facts that you believe support your emotional response. These are observations that someone else could agree are true without interpretation.

*Example: "It's unusual for my friend not to reply quickly. They usually respond within a few hours."*

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### 5. List the Facts that Do Not Support Your Emotion

Consider facts that might challenge or do not support your emotional response. This could include alternative explanations or aspects of the situation you might have overlooked.

*Example: "My friend mentioned they would be busy this week. They haven't seen the message yet according to the read receipts."*

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## 6. Consider Other Possible Interpretations

Think about other ways to interpret the situation that might lead to different emotional responses. Are there more benign explanations for what happened?

*Example: "My friend is likely caught up with their commitments and hasn't had the chance to respond."*

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## 7. Decide on Next Steps

Determine what actions might be appropriate to address the situation or reduce the intensity of your emotional response.

*Example: "I will wait patiently for my friend to reply and engage myself in other activities to manage my anxiety."*

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<b>Situation</b>	<b>Emotion (0-10)</b>	<b>Thought</b>	<b>Evidence for</b>	<b>Evidence against</b>

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