DBT-MIND · FREE PRINTABLE

Check the Facts Worksheet

Six questions to test if an emotion, and how strong it is, fits what really happened.

EMOTION REGULATION · BEST BELOW 8 OUT OF 10

1 Name the emotion

What I feel ("scared", not "awful")

How strong

0 1 2 3 4 5 6 7 8 9 10

2 Describe the event

What happened (only what a camera could have recorded: who said or did what, when, where)

3 Spot my interpretations

What I am adding to the facts (guesses about what others think or mean, "always", "never", "everyone")

4 Look for other explanations

Two other ways to read the same event (I do not have to believe them, only see that they are possible)

5 Check for a threat

The bad thing I expect	**How likely, really?** (0 to 100 %)	**If it happened, how I could cope**

6 Ask if it fits

Does my emotion, and how strong it is, fit the facts? ☐ Yes ☐ Partly ☐ No **A better fit:** ___ / 10

It fits the facts

Solve the problem, ask for what you need (DEAR MAN), or accept what cannot change.

My first small step

It does not fit, or acting on it would hurt

Opposite action: do the opposite of the urge, all the way, with body, face and voice.

My opposite action

Feelings are not wrong. This sheet does not tell you what to feel. It shows which part belongs to the situation and which part your mind added. Check the Facts is a DBT skill (Linehan, 2015). The wording and layout of this sheet are our own.

Practice this on your phone with the free DBT-Mind app.
Scan to download for iPhone or Android. Full guide: dbt-mind.com/guides/check-the-facts

This sheet supports skills practice. It is not therapy or emergency care. **In danger right now?** Call or text 988 (US), call 112 (EU) or your local emergency number.

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