

# CHECK THE FACTS

Part of being effective in regulating emotions includes being adept at changing your emotional responses. In order to do this, it's essential to pause and check the facts before acting. This means being willing and able to explore whether or not your emotional reactions fit the facts of the present situation. Consider what it might be like to observe the situation as a neutral third party. How would you describe the people, places, and events?



## **THOUGHTS HAVE AN IMPACT ON OUR EMOTIONS. EMOTIONS HAVE AN IMPACT ON OUR THOUGHTS.**

- What emotion do I want to change?
- What happened prior to the emotion? What was the “event”?
- What are my thoughts, assumptions about the event?
- Do I believe there is a threat? What is it?
- What is the worst case scenario? How likely is this to happen?
- Does the emotion fit with the facts? Does the intensity of the emotion fit the facts?