



I'm not robot



I am not robot!

Step One Ask yourself: What emotions am I feeling? Oftentimes, the things that feel like a big deal in the moment This document is a step worksheet to help regulate emotions by checking the facts of a situation causing strong feelings. The Emotion Regulation: DBT skills worksheet introduces four skills commonly used in DBT: Act Opposite. DESCRIBE the problem situation CHECK THE FACTS! Emotion: Intensity () Emotion regulation techniques focus on changing emotions from more to less intense or flipping them to something entirely different. Check The Facts. (Check all the facts; sort them from interpretations.) a. In the last section, we covered why it's important to check the facts in an emotional situation, and the questions you can ask yourself to determine what is actually happening. These two skills can be used as part of Cope Ahead, or as independent emotion regulation skills to help reduce/change intense emotions regarding situations that have already occurred or are ongoing. Pay Attention to Positive Events If you were issued this worksheet by your psychologist, therapist, or counselor, then that means you have the tendency to think negatively about certain things and catastrophize situations as well as expect the worst, whether in people or a scenario 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 Describe the Situation. DESCRIBE the problem situation. CHECK THE FACTS! Write down a brief description of the situation that is causing you emotional distress Check the Facts and Problem Solving. CHECK THE FACTS! Describe what you did to check the facts Use this worksheet after you've taken a break from the situation to consider if you are struggling with any cognitive distortions, whether there are alternate ways to interpret the situation, what the facts of the situation are, and what remaining questions you have for others involved in the situation. Are there other What led up to what? Look for extremes and judgments in the way you If you were issued this worksheet by your psychologist, therapist, or counselor, then that means you have the tendency to think negatively about certain things and catastrophize The Emotion Regulation: DBT skills worksheet introduces four skills commonly used in DBT: Act Opposite; Check the Facts; PLEASE; Pay Attention to Positive Events; Many Use this worksheet after you've taken a break from the situation to consider if you are struggling with any cognitive distortions, whether there are alternate ways to interpret the Check the Facts. Be as creative as you can be; ask others for their opinions; or do an experiment to see if your predictions or interpretations are correct. What emotion do I want to change? Check the Facts. What is it about this event that Is a problem for you? This worksheet will guide you through checking the facts in an emotional situation If you are unsure whether your emotion or your emotional intensity fits the facts (for example, you give a score of 2, 3, or 4), keep checking the facts. Have you ever had a strong emotional reaction to something, then regretted it the next day? Are you interpreting the situation correctly? Be very specific in your answers. (Check all the facts; sort them from interpretations.) check the facts worksheet. The steps involve 1) identifying the emotion, 2) This worksheet will guide you through checking the facts in an emotional situation. PLEASE.