Check the Facts Worksheet

When an emotion feels too big, walk it through the facts before you decide what to do.

Name: _____ Date: _____

1 Emotion and intensity

Name it. Rate how strong it feels.

Emotion I want to change: _____ **Intensity:** ____ / 100

How I notice it in my body: _____

2 Prompting event

What I saw, heard, or observed. Facts only.

_____

_____

3 Interpretations and assumptions

What my mind added to the facts

_____

_____

Am I assuming a threat? What threat? _____

4 Evidence for and against

What supports my interpretation? What challenges it?

Evidence FOR my interpretation	Evidence AGAINST

5 Other possible interpretations

At least two other ways to see it

_____

_____

6 Does my emotion fit the facts?

Intensity too. Then choose the next skill.

Emotion and intensity fit the facts? ☐ Yes ☐ Partly ☐ No

If not, an emotion that would fit: _____

Next skill: ☐ Problem solving ☐ Opposite action ☐ Mindfulness of emotion ☐ Cope ahead

What I will do in the next hour: _____

Original layout by Lotus & Tulip, inspired by the DBT Check the Facts skill. A practice tool, not a substitute for care.

Free printable from Lotus & Tulip · lotustulip.com/check-the-facts-worksheet.html

Check the Facts: Steps Card

A quick reference for the DBT Check the Facts sequence. Keep it nearby when emotions rise.

1

1. Name the emotion

What emotion do I want to change? How strong is it from 0 to 100?

2

2. Describe the prompting event

What actually happened? Stick to what I saw, heard, or observed.

3

3. Notice interpretations

What am I telling myself about the event? What am I assuming?

4

4. Check for threat

Am I assuming danger? How likely is that threat? What else could happen?

5

5. Name the catastrophe

What is the worst outcome I am fearing? Could I cope if it happened?

6

6. Weigh the evidence

What facts support my view? What facts challenge it?

7

7. Try other interpretations

What else could this mean? How would someone else see it?

8

8. Ask: does it fit?

Does my emotion, and its intensity, fit the actual facts? Ask Wise Mind.

9

9. Choose the next skill

If it fits: problem solve or act effectively. If not: opposite action or change the thought.

Prompting questions checklist

- [ ] What emotion and intensity?
- [ ] What is the prompting event (facts only)?
- [ ] What are my interpretations?
- [ ] Am I assuming a threat? How likely?
- [ ] What catastrophe am I fearing?
- [ ] Evidence for and against?
- [ ] Other possible interpretations?
- [ ] Does emotion and intensity fit?
- [ ] Next skill: problem solving or opposite action?

Original layout by Lotus & Tulip, inspired by the DBT Check the Facts skill. A practice tool, not a substitute for care.

Free printable from Lotus & Tulip · lotustulip.com/check-the-facts-worksheet.html

Check the Facts Practice Log

Each practice: name the situation, rate the emotion before and after, note what the facts showed, and the skill you used next.

Week of: _____ Intensity: 0 = none, 100 = strongest possible.

Situation what happened	Emotion before name + 0 to 100	Facts checked key finding	Emotion after name + 0 to 100	Next skill used

Week review

The interpretation that showed up most: _____

The fact check that helped most: _____

Next week I will pause and check when: _____

Check the Facts is a practice skill, not a crisis tool. If you might act on thoughts of suicide or self harm, in the US call or text 988 any time (988 Suicide and Crisis Lifeline), text HOME to 741741 (Crisis Text Line), or call 911 if you are in immediate danger.

Original layout by Lotus & Tulip, inspired by the DBT Check the Facts skill. A practice tool, not a substitute for care.

Free printable from Lotus & Tulip · lotustulip.com/check-the-facts-worksheet.html

L&T

Lotus & Tulip

Liked this free printable?

The complete, ready to print version is here:

DBT Worksheets for Therapists

Fillable PDF, 20 pages: weekly diary card, chain analysis, pros and cons, crisis survival plan and 0 to 10 suffering scales

Holiday sale on Etsy until Dec 2: about $11.04, was $14

Get it on Etsy

etsy.com/listing/4606252502 | instant digital download

See every page first: lotustulip.com/dbt-worksheets-for-therapists.html

More free printables: lotustulip.com/free-tools.html

Lotus & Tulip printables. Personal and professional use with your own clients or students.