

DBT Check the Facts Worksheet

The Check the Facts skill helps you understand whether your emotional reaction fits what is actually happening right now. Use this worksheet gently—you do not need to complete every section.

Client-Friendly Example

Situation: I sent a message to a friend and didn't hear back for two days.

Emotion: Anxiety and shame (8/10).

Facts: I sent the message. Two days passed without a response.

Assumptions: I did something wrong. They don't want to talk to me.

Other explanations: They may be busy, overwhelmed, or haven't seen the message.

Check: My reaction may be influenced by past experiences of being ignored.

Your Turn

1. What happened? (Facts only — what a camera would record)

2. What emotions am I noticing? (Name them and rate intensity 0–10)

3. What assumptions or interpretations is my mind making?

4. What are other possible explanations that also fit the facts?

5. Do my emotions fit the facts, or might they be influenced by past experiences or stress?

6. What would be a kind and effective next step?

Gentle reminder: Strong emotions are valid. This skill helps create clarity and choice, not self-judgment.