

## Getting The Facts

By recognizing facts versus assumptions and gathering all the necessary information, a person will be better equipped to tackle a problem and choose the right course of action (Dobson, 2011).

Answer the following questions clearly and unambiguously:

**Who is involved?**

**What did or did not happen, and how did it bother you?**

**Where did it happen?**

**When did it happen?**

**Why did it happen? What were the causes and reasons behind it?**

**How did you respond? What were your actions, thoughts, and feelings?**

## References

- Dobson, K. S. (2011). *Handbook of cognitive-behavioral therapies*. New York: Guilford.

Dr. Jeremy Sutton