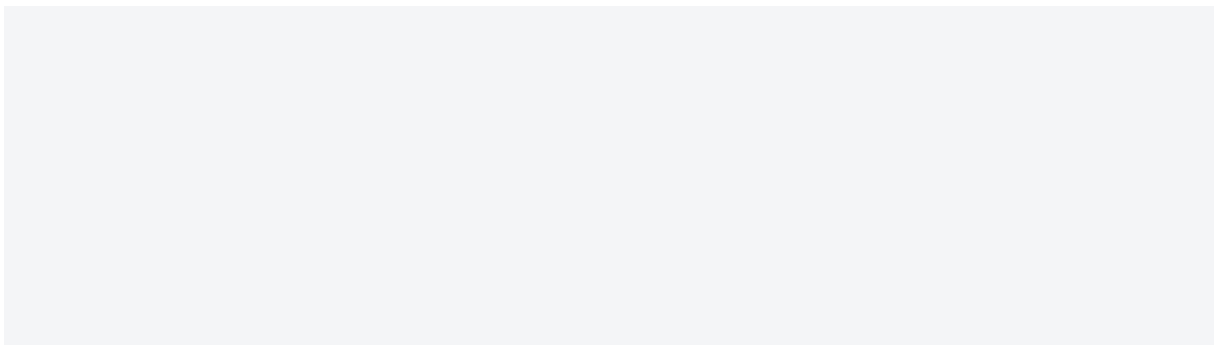


Checking Emotional Facts

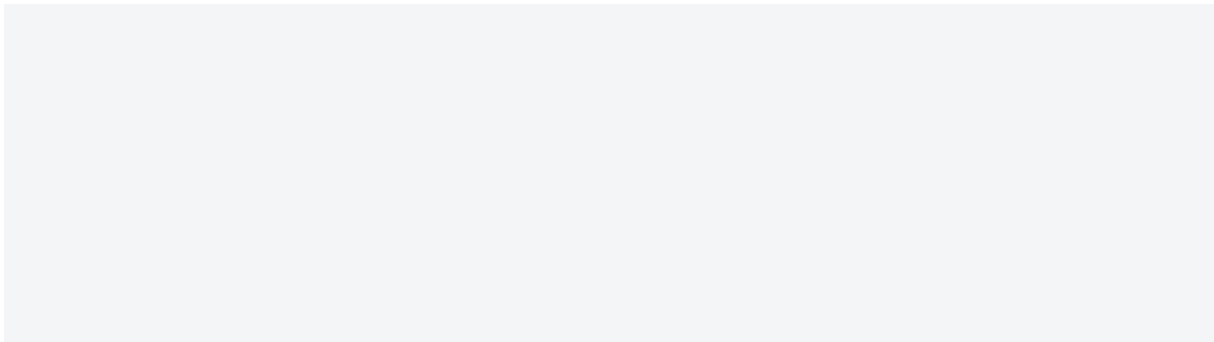
Sometimes our emotions don't represent what is really happening but are influenced by other thoughts, assumptions, and beliefs.

Think back over the last week, reflecting on the strong emotions you have experienced and their effect on you and others.

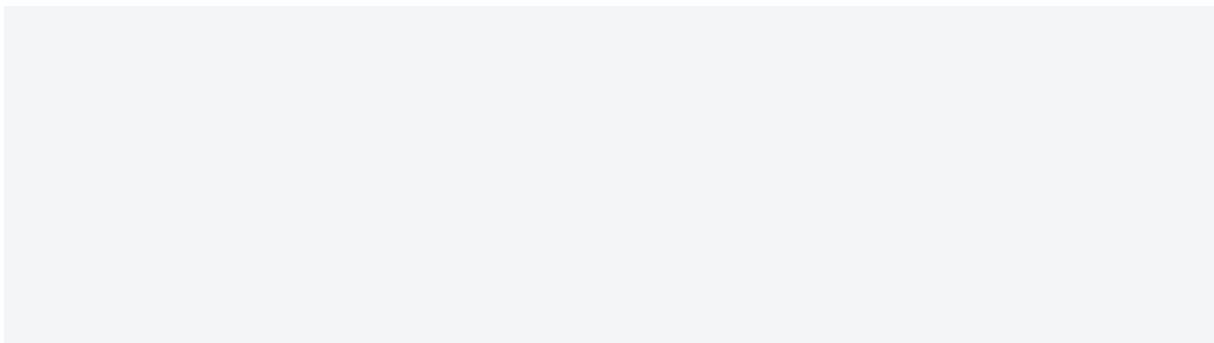
What emotion would you like to change? (Perhaps it is causing you problems elsewhere in your life, for example, envy, anger, or jealousy.)



What event triggered/prompted the emotion?



Are you assuming a threat?



Is there really a threat?

If the threat comes true, what will *really* happen?

Do your feelings (angry, sad, reluctant, suspicious, etc.) really fit the situation?

Once completed, talk through your answers with your therapist – without judgment and showing yourself self-compassion. Can you see that some emotions could be causing you unnecessary pain and may not be helpful to you?

Dr. Jeremy Sutton