



FactCheck

Description

FactCheck changes flawed ideas into less disturbing, more accurate ideas. Describe a situation that caused a negative emotion then go through the exercise and complete the questions asked.

Instructions

Write situation, select emotion and intensity. Write ideas and select belief %. Choose strongest idea. Write supporting then contradicting facts. Select new emotion intensity and belief.

Example

Who was involved?

My friend

What happened?

I had an argument with my friend who didn't understand my point of view and was very aggressive towards me.

Where did this take place?

In my house

When did this happen?

2 days ago

How do you feel and how strong is this emotion on the scale from 1 to 10?



glad



mad



sad



anxious

Write the ideas that make the emotion stronger and chose the strongest idea and how much do you believe it on the scale from 1 to 10:

The strongest idea 1-10

8

Idea one

Idea two

Idea three

The ideas that make the emotion stronger

People are mean

Friends are not trustworthy

I am an easy target

Write facts that support the strongest idea (note, facts are real events or things that exist).

Fact one *My friend called me a terrible name during an argument*

Fact two *My friend didn't pay me back the money I loaned him*

Fact three *I was singled out by friends and family at times.*

Write the opposing fact to fact one, two and three

→ **Opposing fact one** *My friend has stuck up for me at times*

→ **Opposing fact two** *Many people spoke in my defence during the expulsion*

→ **Opposing fact three** *Friends and family have stuck up for me and singled out others.*

Ideas with facts (combine facts supporting the strongest idea and facts opposing it together into a short paragraph):

Although I can think *I am an easy target*
(write the strongest idea)
because *My friend called me a terrible name during an argument,*
(write supporting Fact one)
it may not be true, because *My friend has stuck up for me at times,*
(write opposing fact one)
and although *My friend didn't pay me back the money I loaned him,*
(write supporting Fact two)
it may not be true, because *Many people spoke in my defence during the expulsion,*
(write opposing fact two)
and although *I was singled out by friends and family at times,*
(write supporting Fact three)
it may not be true, because *Friends and family have stuck up for me and singled out others.*
(write opposing Fact three)

How strongly do you believe this paragraph?

1 2 3 4 5 6 7 8 9 10

How do you feel now and how strong is this emotion on the scale from 1 to 10?



glad



mad



sad 4



anxious

Describe below the event that triggered your feelings.

Who was involved? _____

What happened? _____

Where did this take place? _____

When did this happen? _____

How do you feel and how strong is this emotion on the scale from 1 to 10?


glad


mad


sad


anxious

Write the ideas that make the emotion stronger and chose the strongest idea and how much do you believe it on the scale from 1 to 10:

The
strongest
idea 1-10

The ideas that make the emotion stronger

Idea one _____

Idea two _____

Idea three _____

Write facts that support the
strongest idea (note, facts are real
events or things that exist).

Fact one

Fact two

Fact three

Write the opposing fact to fact
one, two and three

→ Opposing fact one

→ Opposing fact two

→ Opposing fact three

Ideas with facts (combine facts supporting the strongest idea and facts opposing it together into a short paragraph):

Although I can think _____
(write the strongest idea)

because _____
(write supporting fact one)

it may not be true, because _____
(write opposing fact one)

and although _____
(write supporting fact two)

it may not be true, because _____
(write opposing fact two)

and although _____
(write supporting fact three)

it may not be true, because _____
(write opposing fact three)

How strongly do you believe this paragraph?

1 2 3 4 5 6 7 8 9 10

How do you feel now and how strong is this emotion on the scale from 1 to 10?


glad


mad


sad


anxious