

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.

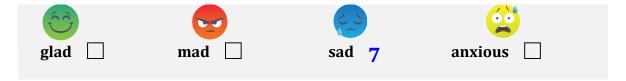
Instructions

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? What happened?	My friend 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? When did this happen?	In my house 2 days ago

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



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	People are mean
	Idea two	Friends are not trustworthy
8	Idea three	I am an easy target



Write facts that support the Write the opposing fact to fact one, strongest idea (note, facts are real two and three events or things that exist). **→ Opposing fact one** *My friend has stuck* **Fact one** *My friend called me a* terrible name during an argument up for me at times **Fact two** *My friend didn't pay me* → Opposing fact two *Many people spoke* back the money I loaned him in my defence during the expulsion **Fact three** *I* was singled out by friends **→ Opposing fact three** *Friends and family* have stuck up for me and singled out and family at times. 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? 8 1 3 How do you feel now and how strong is this emotion on the scale from 1 to 10? glad anxious



Describe I	pelow the event that trigge	ered yo	ur feelings.	
Who was i	involved?			
What hap	pened?			
Where did	l this take place?			
When did	this happen?			
How do yo	ou feel and how strong is th	his emo	otion on the	scale from 1 to 10?
رُحُ			23	
glad 🗌	mad 🗌	sad		anxious
	ideas that make the emoti nuch do you believe it on t The ideas tha Idea one	he scal	e from 1 to	10:
	Idea two			
strongest	s that support the idea (note, facts are real things that exist).		Write the	opposing fact to fact and three
Fact one		→	Opposing	fact one
Fact two		_ →	Opposing	fact two
Fact three		→	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 tone because
it may not be true, because, (write opposing fact one)
(write opposing fact one)
and although
(write supporting fact two)
it may not be true, because, (write opposing fact two)
(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?
How do you feel now and how strong is this emotion on the scale from 1 to 10?
now do you reel now and now strong is this emotion on the scale from 1 to 10:
glad mad sad anxious

