

Emotions That Fit the Facts Handout

Fear	<p>Fear fits the facts when:</p> <ul style="list-style-type: none">• Your life or that of someone you care about is threatened• Your health or that of someone you care about is threatened• Your well-being or that of someone you care about is threatened
Anger	<p>Anger fits the facts when:</p> <ul style="list-style-type: none">• An important goal is blocked• You or someone you care about is attacked or hurt• You or someone you care about is insulted or threatened
Disgust	<p>Disgust fits the facts when:</p> <ul style="list-style-type: none">• Something you are in contact with could contaminate you• Somebody whom you deeply dislike is touching you or loved one• You are around a person or group whose behavior or thinking could seriously damage or harmfully influence you or the group you are part of
Envy	<p>Envy fits the facts when:</p> <ul style="list-style-type: none">• Another person or group gets or has things you don't have that you want or need
Jealousy	<p>Jealousy fits the facts when:</p> <ul style="list-style-type: none">• A relationship or thing in your life is very important and desired by you• An important relationship or thing in your life is in danger of being damaged or lost• Someone is threatening to take a relationship or thing important in your life away from you

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Love	Love fits the facts when: <ul style="list-style-type: none">• Who or what is loved does things or has qualities that you value or admire• Loving the person, animal or object enhances the quality of your life or of those you care• Loving the person, animal or object increases your chances of attaining your own personal goals
sadness	Sadness fits the facts when: <ul style="list-style-type: none">• You have lost something or someone irretrievably• Things are not the way you wanted or expected and hoped them to be.
Shame	Shame fits the facts when: <ul style="list-style-type: none">• You will be rejected by a person or group you care about if characteristics of yourself or your behavior are made public
Guilt	Guilt fits the facts when: <ul style="list-style-type: none">• Your behavior violates your own values or moral code

Intensity and duration of an emotion is justified by:

- 1. How likely it is that the expected outcomes will occur**
- 2. How great and/or important the outcomes are**
- 3. How effective the emotion is in your life now**

Dialectical Behavior Therapy Emotion Regulation Skills

Check the Facts Worksheet

Name: _____

Date: _____

Therapist: _____

1. What is the emotion I am experiencing?
2. What is the event prompting my emotional reaction?
3. What are my interpretations, thoughts and assumptions about the prompting event?
4. Am I assuming a threat? If so, what is it?
5. What's the worst that can happen if I let myself experience the emotion? And if I ignore it?
6. How does or doesn't the emotion fit the facts of the situation? <i>(See Emotions That Fit the Facts handout)</i>