

Just the Facts (with Curiosity & Self Compassion) Worksheet ^{v.2015}

Observe and Rate your level of Emotion Dysregulation (100 Max to 0 None, ≥ 70 is RED Zone):

Describe the Situation:

Describe your Judgments/Worries/Interpretations/ “The Story”	Form of Distorted Thinking (see page 2)	Emotion from Judgment/ Worry/ Interpretation/ The Story	Is this Judgment/ Worry/Story Helpful? (y/n)

What Urges (to take action) are prompted by The Story/Judgments/Worries/Interpretations:

Describe the Facts (may include who, what, when, where and the actual consequences) in a nonjudgmental way	Emotions from Facts

What Urges (to take action) are prompted by the Facts:

Observe and Describe which thoughts are helpful or effective? Which are not?

Can you be curious, rather than “sure or certain,” about your Judgments, Worries and Interpretations? How does being curious change your experience?

Imagine responding to a friend in the same situation with gentle, compassionate, interested, curious, validating, encouraging words and actions. Now respond to yourself in the same gentle, compassionate, generous, and friendly way in a few sentences below.

How does this change your experience?

Observe Ending Distress Level (100 max - 0 none):

What is one way you want to apply this new information?

Which DBT skills or strategies will help?

Forms of Distorted Thinking

(From *The Feeling Good Handbook* by David Burns)

- AN - All-or-Nothing Thinking
- OG - Over Generalizing
- DP - Discounting the Positive
- MR - Mind Reading
- NP - Negative Predicting
- MX - Magnifying
- ER - Emotional Reasoning
- SH - "Should-ing"
- LB - Labeling
- PB - Personalizing or Blaming

Additional instructions: **Just the Facts with Curiosity & Self-Compassion Worksheet** is designed to examine particular situations that have been stressful for us. Please choose a fairly recent stressful situation and complete the questions as best you can. In completing a worksheet for the first time, it can often be helpful to refrain from choosing the most stressful problem in your life. It's similar to how we might start getting in physical shape by initially lifting a 5 pound weight rather than starting with the 100 pound weight.

In the first box, write the story of what you experienced, including all of your opinions about what was happening. For example, "They were so annoying. First, she completely ignored me and then he started making lame excuses. When I tried to straighten them out to get them to be half-way reasonable, they started getting defensive and began to criticize me. That's when I really got upset and..."

Now, in the second box, simply write what someone could directly observe was happening, as well as describing your physical sensations, feelings and urges happening inside of you. Using the above example, "I felt myself becoming tense in my shoulders and my eyes narrowing (annoyed) when I asked her a question and she did not say anything. I assumed she was ignoring me, however I am not sure. He then gave explanations for how they had acted. I disagreed with his explanations and felt more annoyed. They could probably see my face tense. I interrupted (impatience) and countered with my explanations. They responded by saying that 'I was not being fair to them and was not taking responsibility for my actions.' I felt my anger continuing to rise when I felt blamed by this statement."

Notice how the first box has all of my negative judgments, assumptions, beliefs about how I think they should have acted in this scenario. The second box is more detailed, objective, factual, and descriptive without being evaluative. We now have a description of "the story" and a description based on the facts.

We can use the information from these two boxes to respond to the other questions on the worksheet. Then we can begin to look at what happens when we get caught up in our judgmental stories and what different results we might get if we apply more non-judging, with emphasis on checking the facts, and responding with greater curiosity and compassion.