

Check the Facts DBT Worksheet

Name:

Date:

Instructions: Hello! If you were issued this worksheet by your psychologist, therapist, or counselor, then that means you have the tendency to think negatively about certain things and catastrophize situations as well as expect the worst, whether in people or a scenario.

What we will have you do is write about your negative thoughts or beliefs, or negative scenarios in your head that are bothering you. Please follow the guide questions and prompts below.

Negative Thought, Belief, or Situation	Write down a negative thought or belief you might have. Or, if there is a particular situation that is troubling you, write that down instead.
Check the Facts!	What evidence do you think you have that supports your negative thought or belief? If you wrote down a negative situation, what makes you think that would happen? What is the worst possible outcome?
What are other ways to look at it?	Write down other ways of looking at your negative thought or belief. Is there evidence that debunks your negative thought or belief? If so, what? Would you happen to have other ways of looking at things, like something more positive or more realistic? If so, what evidence is there to support the positive/realistic view? If you wrote down a negative situation, is there any evidence that counters the likeliness of the scenario? If so, what are they?
Weighing the evidence and coming to conclusions	Weigh your evidence and write down your conclusion regarding the matter. Make sure your conclusion was based on you having been able to create the emotional distance needed to examine yourself. If you needed to do something to confirm evidence, please indicate them here as well and write down the outcome.

Here is an example:

Negative Thought, Belief, or Situation	My mom is going on a trip to our province. To get there they have to traverse a mountain range. There have been accidents along that mountain range that resulted in the deaths of many passengers. Because of the zigzag roads that go up and down the mountains, the trips are always dangerous. I fear that my mother will die because of the bus driving off a mountain path by accident.
Check the Facts!	The bus stations are owned by corrupt officials, so who knows how well-maintained those buses are. Also, last year, my mom was supposed to go there, but there was news of two buses falling off one of the mountain roads so she decided not to. If the precarious pathways aren't the problem, it might be the buses and their maintenance. The buses in this country, well, you can tell how old they are just by looking at them. What if their brakes don't work?
What are other ways to look at it?	There was news about a bridge that was being built that makes it easier to reach our province. It is basically a shortcut because you're driving straight and above the river that was pretty much the reason why buses had to traverse a mountain range in the first place. It should cut the travel time by 4 hours. The last update I heard is that it is set to open the day before my mom goes to the province. Since I'm worried, I told my mom to ride the more expensive buses. Yeah, the ticket prices are four times more expensive, but if it can guarantee her safety better than those rickety-looking buses, then I'll gladly pay for it. I also don't trust that the bridge will open in time given how inefficient the government is.
Weighing the evidence and coming to conclusions	I can't really stop my mom from not going because she's going there to visit a dying aunt. I'd go with her but I have work and don't have leaves yet because I'm not regularized. I decided to pay for the more expensive bus ride so that my worries are lessened. At least I know that the buses are well-maintained and the drivers look responsible. I will also call her every hour to ensure that she is safe. If she tells me that the bus crossed the bridge instead of going up the mountains, then that's a huge weight off my shoulders and I don't have to worry.

Now that you know how to go about writing on this worksheet, feel free to write whenever you are ready. There are six entry clusters for you to write on, in the event that you have several negative thoughts/beliefs/situations that you are catastrophizing.

Negative Thought/Belief/Situation 1:

Negative Thought, Belief, or Situation	
Check the Facts!	
What are other ways to look at it?	
Weighing the evidence and coming to conclusions	

Negative Thought/Belief/Situation 2:

Negative Thought, Belief, or Situation	
Check the Facts!	
What are other ways to look at it?	
Weighing the evidence and coming to conclusions	

Negative Thought/Belief/Situation 3:

Negative Thought, Belief, or Situation	
Check the Facts!	
What are other ways to look at it?	
Weighing the evidence and coming to conclusions	

Negative Thought/Belief/Situation 4:

Negative Thought, Belief, or Situation	
Check the Facts!	
What are other ways to look at it?	
Weighing the evidence and coming to conclusions	

Negative Thought/Belief/Situation 5:

Negative Thought, Belief, or Situation	
Check the Facts!	
What are other ways to look at it?	
Weighing the evidence and coming to conclusions	

Negative Thought/Belief/Situation 6:

Negative Thought, Belief, or Situation	
Check the Facts!	
What are other ways to look at it?	
Weighing the evidence and coming to conclusions	