Does my emotion *fit the facts?*

A DBT emotion regulation skill

Root & Bloom Therapy

In DBT, "checking the facts" means asking whether an emotion makes sense for what is actually happening. When it fits, the emotion is giving you useful information, and its urge is worth noticing. When it doesn't, slowing down to look at the facts can help you choose your next step.

The facts...	*spark an emotion...*	*and the urge is to...*
Your safety, health, or wellbeing is truly at risk	*fear*	run, avoid, or protect yourself
You're insulted or mistreated, or something blocks a goal	*anger*	push back or stand your ground
Something could make you sick, or someone crosses your boundaries	*disgust*	pull away and create distance
You lose someone or something you care about, or hopes fall through	*sadness*	slow down, rest, and grieve
You act or are a way that others would judge harshly if they knew	*shame*	hide or withdraw
Your actions go against your own values	*guilt*	make it right or apologize
Someone has something you want or need	*envy*	work toward it, or criticize
A relationship or thing you value might be taken or damaged	*jealousy*	guard it or hold on tightly
Someone or something brings warmth, meaning, or joy to your life	*love*	move closer, show care, share time

Facts can involve you or people you care about.

Try it with a recent situation

What happened? Facts only, no guesses or mind-reading

_____

_____

The emotion I felt

_____

Does it fit the facts?

☐ Yes ☐ Partly ☐ Not sure

The urge I noticed

_____

What I'll choose to do

_____