

REALITY CHECK WORKSHEET

This worksheet is not intended to resolve anything specific. It is a diagnostic tool for yourself to identify if you are possibly not in the best positive or constructive mindset to deal with whatever you are facing right now and which is causing you to feel distressed. When you notice that you are not in the right frame of mind it is much easier to refocus your attention and next steps on the corrective actions needed to resolve issues. This will allow you to resume your strive to achieve the outcomes that you were planning for.

Whenever you find yourself angry, hurt, disappointed, frustrated, sad – just not happy – fill out the questions on this worksheet to make sure that the source for your feelings is not a reality gap.

	Yes or No?
Do you think you will never have what you want?	
Do you think there are not enough good things in the world for you to be able to have good things in your life?	
Do you think others or another person does not want you to succeed in life?	
Is someone else to blame for the situation you are in right now?	
Do you have to win in a conflict with someone to get what you want out of this situation?	
Is it unfair that you should deal with this situation right now?	

1. Describe the situation that is causing you to be upset – in specific detail. If a fly watched it from the wall what would it see? *(Just the facts.)*

2. What do you think that situation means (about you or the person(s) involved)?

3. If the situation was a play on a stage or a movie that you were watching and there were different people acting in the play or the movie. What part did you play in the situation? How did you act and what did you say?

-
4. Do you think there is anything you could have done or said to improve the way things went or the outcome that was achieved?

-
-
-
5. Is there anything specific that someone else did or said which you cannot forget or let go out of your mind?
-
-
-

Interpreting the outcomes:

- If you answered yes to most of the questions in the table at the start there is a good chance that your current upset relates strongly to the perspective you have right now.
- If your answers to questions 1 and 2 contain many of the words listed below, there is a good chance you are not in a frame of mind yet that could get you the best results.
 - Should, must, should, ought to, can better, (name-calling), deserve, unfair/not fair.
- If your answer to question 4 is blank or very short – perhaps you need to talk it over with your coach/mentor/advisor? Are you possibly missing opportunities?
- If you have a lengthy answer to question 5 I also suggest you discuss this with your mentor/coach/advisor.