

Questions for Reality Testing (looking at evidence)

1. What are the facts?

2. What are my subjective perceptions? (what are you imagining is happening)

3. What evidence supports my perceptions?

4. What evidence contradicts my perceptions?
 - A. Past experience - How much has it happened before?

 - B. General rule - Is this something that generally happens?

 - C. Alternative explanations - What other explanations are there?

 - D. Role Reversal - How would I feel if this was the other way around?

5. Am I making any thinking errors?

6. How else can I perceive this situation?