



Reality Testing Worksheet

Utilizing the Reality Testing Worksheet to Overcome Cognitive Biases

What Is Reality Testing?

Reality testing is a method to determine if your thoughts are rooted in fact or if they are influenced by unhelpful thinking habits. This process helps you:

- Slow down automatic reactions
- Question assumptions
- Think more clearly and realistically

What Happened?

Describe the situation:

(Use this space to detail the event or situation that triggered your thought.)

What's the Thought?

Write the thought that's bothering you:

(Capture your initial thought here.)

Spot the Thinking Trap

Which unhelpful thinking habit might be present?

Alternative Explanations

What are 2–3 other possible explanations?

Reality-Based Thought

Create a more balanced and fact-based thought:

New Thought: _____

Action Step

What is one small, helpful action you can take now?

(Identify a practical step you can take.)

Reflection

How do you feel after checking the facts?

- More calm
- More clear
- Less reactive
- Still unsure

Not every thought is true. Not every feeling reflects reality. Check the facts before you believe the story.

Facts over assumptions.
