# Reality Check *Cheat Sheet*

## What's the Data?

What are the facts (not my feelings)? What's ACTUALLY happening/happened?

## What's the Drama?

What meaning, story, or justification am I giving it?

## Move through ACCEPTANCE when you don't LIKE the data:

Acknowledge that this is happening, decide to mindfully respond instead of react… and decide not to become a victim to it.

## Borrow This Belief:

***"I don't have to LIKE the the data. In fact it makes me feel X (feeling)... but "it is what it is", and the sooner I can accept it, the sooner I can move through it. But in the meantime I refuse to go down the emotional spiral or become a victim to my circumstances, because "when I argue with reality" I suffer TWICE"***