Checking the Facts Gently - Concept brief

Understand the idea behind checking the facts gently and consider whether it fits your context.

Adults; supported use as appropriate | 8 minutes

Fictional example: Taylor interprets a brief reply as rejection but has limited information.

The idea

Appraisals can be examined without invalidating lived experience.

An ordinary example

Taylor interprets a brief reply as rejection but has limited information.

What this can look like

Separate known facts, assumptions, missing information, and contextual risks before deciding on a response.

Check the fit

What can be checked, and what uncertainty must remain? You may disagree with the framing, use fiction, or decide that this approach is not useful today.

A useful distinction

Acceptance acknowledges the present; it does not endorse harm or remove the need for change.

Reflection

What can be checked, and what uncertainty must remain?

Scope and adaptation

These are selected DBT-informed educational exercises, not comprehensive DBT, phone coaching, or crisis care. Use individualized clinical assessment and existing care plans. No cold-water immersion, breath holding, intense exercise prescriptions, exposure assignments, or risk scoring are included. Behavior chains and opposite-action decisions need clinician guidance when risk or complexity is present.

Original AI-assisted educational draft; independent clinical review pending. Version 1.0. Background: Dialectical Behavior Therapy Skills Training: Fundamentals. Full source links and scope: library.morethantherapy.org/approaches/resources/DBT-A12-1