

Therapeutic aide memoir

The Sixty Second Reality Check

(Preston, Varos and Liebert, 1997)

A helpful way to interrupt the onset of a strong emotional reaction or prepare for stressful situations and be able to manage issues more easily can be to do the following 60 second reality check

- ⊗ Take a deep breath in and slowly exhale – **PAUSE** and...
- ⊗ Acknowledge and accept the strong emotional reaction and thoughts that are occurring at this point in time.
- ⊗ Comment on the situation “I notice I am having a strong emotional reaction at this moment in time”.
- ⊗ State that “I want to get clear about what is occurring and keep a realistic perspective”.
- ⊗ **Now pose the following questions to yourself in a tone which is steady, matter of fact and observational – responding not reacting**
These are just a guide you can use other questions but the aim is to give you some distance from your emotional self.
- ⊗ **Is this situation a true and total catastrophe?**
- ⊗ **Is this situation likely to be a big deal in 24 hours?**
- ⊗ **Is it likely to be a big deal in a week from now?**
- ⊗ **Am I taking this personally and am I beating myself up over it?**
- ⊗ **If I react now will it be helpful or actually make things worse?**
- ⊗ Does it make sense to take time to think through the situation and then decide how to **RESPOND?**
- ⊗ Are my thoughts and actions helping me or hurting me?



Remember this process may not work in every situation but with practice we are more prone to step back on have a REALITY CHECK!