



Truth Box

1. Describe the situation or context. *Start here and follow the numbers in order.*

DRIVING 4 HOURS TO SPEND 3 DAYS WITH MY PARENTS

3. FOCUS: What are your predominant thoughts about this situation?

LAST VISIT, MY MOM AND I HAD A BIG FIGHT. HOW DO I AVOID THAT NOW? I HAVE WAY TOO MUCH WORK TO TAKE ALL THAT TIME OFF.

4. KNOW: What facts influence the way you see the situation?

WITH THE DRIVE AND FAMILY TIME, I WON'T GET ALL MY WORK DONE.

TRUTH

TRUTH

2. Emotion/Feeling

PRESSURE WORRIED
FEARFUL

5. VALUE: What are your highest values in the situation

Work
Avoiding Conflict

6. BELIEVE: What beliefs or assumptions do you attach to the situation?

I AM AFRAID OF ANOTHER CONFLICT WITH MY MOM. THERE WILL BE A LOT OF TENSION AND PRESSURE.

TRUTH

Check the Truth Box if you believe that what you are thinking lines up with reality/God's truth. If it does not, explain below. Star the toolbox quadrant that seems to have the most influence on the emotion.

TRUTH

KNOW: IT WILL BE GOOD TO SEE MY BROTHER AND HAVE A GREAT TIME. IT IS BETTER THAN BEING ALONE.

VALUE: GOD WANTS MORE FOR ME THAN JUST FOCUSING ON WORK AND AVOIDING CONFLICT. MAYBE IT IS TIME FOR ME TO WORK TOWARD A BETTER RELATIONSHIP AND PUT WORK IN THE RIGHT PERSPECTIVE. HOW CAN I SHOW MOM LOVE?