



Truth Box

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

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

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

TRUTH

TRUTH

2. Emotion/Feeling

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

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

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