



KCB Recovery

Reality Testing

Did you know that your thoughts impacts whether you succeed or fail? Reality testing is the ability to assess a situation for what it actually is, rather than the way we wish or fear them to be. The skill of reality testing involves a search for evidence to justify, confirm, and support thoughts, feelings and perception.

Sometimes our way of thinking can influence our level of anxiety and hold us back from making positive behavior changes.

In this worksheet we will explore some of your errors of thinking and alternative thoughts for suggestions on how to change your thinking. Please complete the table below.

<b>Situation/thought</b>	<b>Realistic Thought</b>	<b>First step solution</b>
I never do enough. I should do more.	I may be asking too much of myself. I am working hard and putting in a good effort.	Lessen your task list for each day. You may feel less pressured and end up doing more.






## Reflection Questions

How has this exercise Changed your perspective?

Did you learn anything from this exercise? If so, please specify.

Make 1 new commitment to yourself: