

Reality Check Continuum Starter Worksheet

An introductory guide to recognize your emotional bad habits, come back to real reality, decide to act differently, and create solutions

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Hey there!

I'm Evelyn Fielding, sexual violence survivor and coach for other survivors. I'm glad you downloaded this small ebook and welcome you to the new insights you'll get after reading and practicing what I suggest.

Insights are lights that come on in your thinking, feeling and doing: new information comes to you and connects with what you already know. Insights can be sparks or candles, little lights that help you see your way. Or they can be fireworks or sunrises, big lights that seem amazing and wonderful and change the course of your life.

This ebook is one small part of only one skill I teach trauma survivors. There are so many skills we can learn, so many tools to apply to healing! I recommend trying many different things as you go along, because some will work right away, some will work later, and some might not work at all.

I hope you get a lot of use out of this book. And, I hope you decide sooner rather than later to [join my Beyond Brave Community](#). In the community, I talk about dozens of skills and tools, and we have *the most insightful* conversations! You see, I know a lot, but I don't know everything. I get big insights when I hear other people's wisdom, and survivors are full of wisdom!

Please know that you are OK just as you are, and it's not a failure to want to change. Change and growth are good things, and it's nice to have a little help along the way.

Here are the worksheets with a little explanation about the process. Print them if you want to, and keep practicing until you can spot emotional bad habits quickly, remember what is your real reality, decide how you'd rather feel or act, and then come up with solutions to help yourself.

Let's get started.



Thoughts From Evelyn

Like most survivors of sexual violence, I used to find it almost impossible to “stay in the present moment” and learn to respond to my life rather than react to it. I didn't understand that the bad things that happened to me in the past kept me in the trauma reactions of fight, flight, freeze and fawn, even a long time later.

I learned a better way to handle my emotions when I started asking myself, “What is my real reality right now?” Real reality, the present moment, is almost always messy.

I used to mix up fears from the past and worries about the future with the stress I was feeling. I couldn't find solutions because my emotions were overloaded. I learned that it's OK to feel messy, and I can take one action at a time to deal with one mess at a time.

When you experience something uncomfortable in your emotions, use this continuum to reset yourself to a healthier way of being:

Current State > Real Reality > Alternative State > Solutions Recognize > Return > Reset > Solutions

It's impossible to find solutions when we're triggered. Applying the process causes us to pause, return to real reality, decide how we'd rather feel and act, and come up with solutions.

For instance, it's really hard to feel calm when we have a headache.

(Recognize) Current Emotional State impatience, anger
(Return) Real Reality Right Now I have a headache and the kids are hungry and the house is a mess and I have a deadline for my university course and tomorrow I have to work and yesterday I didn't get anything done and I feel lonely and frustrated and and and
(Reset) Alternative Emotion I can calm myself down by just dealing with my headache
Solutions Take a pain reliever, drink an extra glass of water, eat something solid, smell some lavender essential oil, take a five-minute timeout, take a bubble bath (pick one at a time that fits into your real reality)

Here is a blank chart for you to try this process.

Recognize > Return > Reset > Solutions
Current State > Real Reality > Alternative State > Solutions

(Recognize) Current Emotional State
(Return) Real Reality
(Reset) Alternative Emotion
Solutions

Later, if you feel up to it, you can address the sources of behaviors, emotions and thinking you'd like to change. Please remember that it's OK to just deal with what's in front of you without going back to the past to find a source. But, knowing your triggers helps you break bad habits.

(Recognize) Current Behavior / Emotion / Thinking State
(Return) Real Reality of When This Might Have Started
(Reset) Alternative Behavior / Emotion / Thinking State
Solutions

What To Do Next

Going back into the past to figure out when your triggers might have started is tough work. It's best to do this work with support, which is why I created the Beyond Brave Community, which includes **the Reality Check Continuum workgroup**.

Each week, we use this very chart to have a conversation about one emotional bad habit, how that looks in our present-moment lives, and how we'd rather act. Then we come up with solutions together.

Joining a group of survivors focused on solving problems, each in our own way, is absolutely the best way to solve our individual problems.

You definitely hear answers to questions you didn't even know you had. And you get support to keep going on this tough work until you feel better.

The self-paced workgroup helps you see emotional bad habits and reset them. I don't have space to tell you everything about the process here. [Get details about the Reality Check Continuum workgroup, and the Beyond Brave Community, by clicking here.](#)

I would like to know what you think and feel after trying the exercises suggested in this ebook. The easiest way for us to have a conversation is if you join the Beyond Brave Community. I'm there almost every day, along with all the others who are improving their lives by dealing with their difficult pasts.

If joining the Beyond Brave Community doesn't seem like a good idea right now, email me at evelyn@10000seeds.com and I'll get back to you as soon as I can.

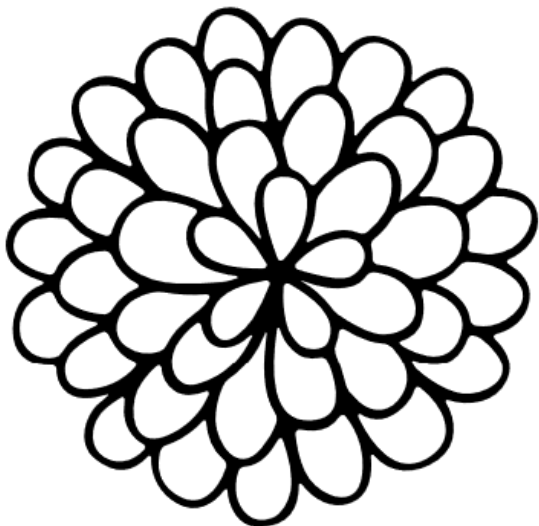
I hope to see you again soon!

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