

## **THE SIXTY SECOND REALITY CHECK**

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- Take a deep breath, exhale, and silently count to 10.
- Next, acknowledge that something upsetting has just happened and it probably touched an emotional chord.
- Say to yourself, “I want to be clear about this and keep a realistic perspective.”
- Then ask yourself the following questions :
  - “Does this really matter to me?”
  - “In the grand scheme of things, how big of a deal is it?”
  - “Is it a true catastrophe?”
  - “Is it going to be a big deal in 24 hours?”
  - “Is it going to be a big deal in a week?”
  - “Am I taking this personally?”
  - “If I react now, will it be helpful or make things worse?”
  - “Would it be better to take more time to think through the situation and then decide how to respond?”
  - “Are my thoughts and actions helping or hurting me?”
  - “What am I thinking or telling myself right now - Is it helpful or hurtful?”

### **THINGS TO WATCH**

Examine your “Beliefs”, for they generate Thoughts.  
Watch your “Thoughts”, for they become Feelings.  
Watch your “Feelings”, for they become Actions.  
Watch your “Actions”, for they become Habits.  
Watch your “Habits” for they become Character.  
Watch your “Character”, for it becomes your Destiny.