

Fact vs. Interpretation Worksheet Instructions



Thank you for your interest in the iNLP Center! We hope you get something of immense value from this worksheet! Here are the instructions.

You can do the first two steps in whichever order is easier.

1. In the *One Fact* column, write down a simple, relevant fact that is verifiable in the outside world.
2. In the *Current Interpretation* column, write down how you feel, how you see things, what you say to yourself, or *what seems true for you*. Consider the practical consequences this interpretation brings to your life.
3. In the *Alternative Interpretation* column, brainstorm other possible interpretations of the fact. What do you want to seem true for you that would be safe, appropriate *and* reduce your level of uncertainty? Brainstorm!
4. In the columns about your level of anxiety, compare your responses. How would you rate the intensity of your anxiety as you imagine each interpretation? Compare and contrast.
5. If you're satisfied with the results. Imagine carrying them with you, moving forward. Remind yourself of the alternative interpretation whenever the fact comes up. Train your brain to do this process by repeating it often with other facts and interpretations.

For iNLP Center Students

Taking things a step further, compare and contrast the VAK *submodalities* of each interpretation. Can you make adjustments to the imagery, sound, and feelings associated with each state? Find submodalities that reduce the impact of the current belief and increase the impact of the alternative belief that you want.

And walk a fellow student or your assigned coaching buddy through this process!



Fact vs. Interpretation Worksheet

One Fact

Current Interpretation

Alternative Interpretation



Current Int. Anxiety Level (1-10)

Alt. Int. Anxiety Level (1-10)

Notes

Notes

