

PEER REALITY-TESTING WORKSHEET

Processing External Existence of Reality

OBSERVE What happened?	INTERPRET What meaning did I assign?	AUTHENTICATE What does the evidence support?	RESPOND What is the responsible next step?	UPDATE What should change?
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Purpose. Use PEER when a conclusion feels urgent, emotionally charged, or unusually certain. The goal is not to suppress emotion or intuition. It is to slow the move from impression to conclusion long enough to test what the available evidence can actually support.

Core discipline: separate observation from interpretation, test alternatives, look for confirming and disconfirming evidence, then choose the smallest responsible next step.

CASE SNAPSHOT

Situation / decision:			
Date:		Time:	
People / context involved:			
Why does this matter to me?			

BEFORE YOU TEST THE CONCLUSION

Write the conclusion exactly as it currently exists in your mind.

Initial confidence	LOW	MODERATE	HIGH	0 10 20 30 40 50 60 70 80 90 100%
Emotional intensity	LOW	MODERATE	HIGH	0 1 2 3 4 5 6 7 8 9 10

Important: PEER is an educational and personal-development framework, not a clinical treatment or diagnostic instrument. Persistent distress, trauma symptoms, suicidal thoughts, psychosis, or severe impairment require qualified professional care.

1 OBSERVE

5 SOURCE CHECK

6 EMOTION CHECK

7 CONFIDENCE

8 ACTION

9 UPDATE

What new evidence would cause me to revise my conclusion?

Pre-commit to what would change your mind. A model that cannot be updated cannot self-correct.

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From Reality Test to Responsible Action

Summarize what survived the test, what changed, and what you will do next.

A. WHAT I CAN VERIFY

B. WHAT REMAINS INTERPRETATION OR UNCERTAIN

C. MY UPDATED CONCLUSION

Updated confidence	LOW ☐	MODERATE ☐	HIGH ☐	
Change from initial confidence	LOWER ☐	SAME ☐	HIGHER ☐	Why?

D. SMALLEST RESPONSIBLE NEXT STEP

E. WHAT WOULD MAKE ME UPDATE AGAIN?

CONFIDENCE-TO-ACTION GUIDE

Evidence quality	Confidence	Action posture
Weak / incomplete	Low	Observe, verify, delay irreversible conclusions
Mixed / partial	Moderate	Act cautiously, test, seek independent confirmation
Strong / convergent	Higher	Act proportionately while remaining open to new evidence

PEER principle: Keep what survives evidence. Revise what does not.

7-Day Reality-Testing Tracker

Use one meaningful interpretation each day. The aim is to improve observation, authentication, and self-correction through repetition.

Day	Trigger / situation	Initial interpretation	Evidence / alternative	Updated response
1				
2				
3				
4				
5				
6				
7				

WEEKLY REFLECTION

What pattern did I notice most often?

Where did emotion or certainty outrun the evidence?

Which belief or interpretation became less convincing?

What did I learn about how I form conclusions?



Continue the practice: the book's 30-day sequence moves from Awareness to Authentication to Replacement to Integration.

Based on Reprogramming the Mind: A PEER Framework for Reality Authentication, Conscious Development, and Human Transformation by A. Napoleon Kirby.