

Fact Or Opinion

CBT Lesson #1: Thoughts are not facts

It is common to assume thoughts are equivalent to facts. This is not always the case, however. It often takes a bit of practice to work out whether one of our thoughts is a fact or is an opinion.

For the statements below, practice deciding whether it is a fact or an opinion.

	Fact	Opinion
1. <i>"I'm a bad person"</i>	<input type="checkbox"/>	<input type="checkbox"/>
2. <i>"Sam told me that she didn't like what I said about her"</i>	<input type="checkbox"/>	<input type="checkbox"/>
3. <i>"Nothing ever goes right"</i>	<input type="checkbox"/>	<input type="checkbox"/>
4. <i>"This will be a disaster"</i>	<input type="checkbox"/>	<input type="checkbox"/>
5. <i>"I'm not as attractive as they are"</i>	<input type="checkbox"/>	<input type="checkbox"/>
6. <i>"I failed the test"</i>	<input type="checkbox"/>	<input type="checkbox"/>
7. <i>"I am overweight"</i>	<input type="checkbox"/>	<input type="checkbox"/>
8. <i>"He shouted at me"</i>	<input type="checkbox"/>	<input type="checkbox"/>
9. <i>"I'm selfish"</i>	<input type="checkbox"/>	<input type="checkbox"/>
10. <i>"There's something wrong with me"</i>	<input type="checkbox"/>	<input type="checkbox"/>
11. <i>"I'm lazy"</i>	<input type="checkbox"/>	<input type="checkbox"/>
12. <i>"I didn't lend my friend money when they asked"</i>	<input type="checkbox"/>	<input type="checkbox"/>
14. <i>"My feet are too big"</i>	<input type="checkbox"/>	<input type="checkbox"/>
15. <i>"I'm ugly"</i>	<input type="checkbox"/>	<input type="checkbox"/>
16. <i>"No-one will ever love me"</i>	<input type="checkbox"/>	<input type="checkbox"/>

Answers: Facts (2, 6, 7, 8, 12), Opinions (1, 3, 4, 5, 9, 10, 11, 14, 15, 16)