

Fact Or Opinion

CBT Lesson #1: Thoughts are not facts

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

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