



chapter 5

Fact Checking Thoughts

Worksheet

The *Fact Checking Thoughts* worksheet will help you to recognise that your thoughts are not necessarily true. The key take-home message from this worksheet is:

Thoughts are not facts.

It can be difficult to accept the idea that thoughts are not facts at first, especially when we are in the throes of an emotion. However, completing this worksheet will help you come to this realisation.

The worksheet contains 15 statements that you must decide are either fact or opinion. These statements include:

- *“I’m not good enough”*
- *“I failed the test.”*
- *“This will be a disaster.”*
- *“I’m overweight.”*

Note, there is a correct answer for each statement. (In case you’re wondering, the right answers for the statements above are as follows: opinion, fact, opinion, fact).

This simple exercise will help you see that while we have lots of emotionally charged thoughts, they are not all absolute truths. Recognising the difference between fact and opinion can assist us in challenging the dysfunctional or harmful opinions we have about ourselves and others.



Exercise: Fact Checking Thoughts Worksheet

We tend to believe each and every thought we have is true; however, thoughts are not facts. While some thoughts we have may be factual (e.g. "I failed the test"), others may not (e.g., "I am dumb").

These non-factual thoughts are opinions. This worksheet is designed to help you practice differentiating between factual thoughts and opinions (i.e., thoughts that are not necessarily fact).

Statement	Fact	Opinion
I'm dumb		
I'm unattractive		
I failed the exam		
I have no friends		
Nobody likes me		
I'm a selfish person		
This will be a disaster		
I will fail this test		
I'm not good enough		
I'm overweight		
I am single		
I will be single forever		
My family is disappointed in me		
I dislike my job		
I'm not good at my job		