

# Fact or Opinion

Understanding the difference between facts and opinions is crucial for managing our thoughts and emotions effectively. This worksheet helps clients identify and challenge unhelpful thoughts by distinguishing between what is objectively true and what is a personal belief or feeling.

## Understanding Facts vs. Opinions

Facts:

- Objective statements that can be proven true or false.
- Examples:
  - The sky is blue.
  - Water boils at 100 degrees Celsius.

Opinions:

- Subjective statements based on personal beliefs, feelings, or thoughts.
- Examples:
  - The sky is the most beautiful at sunset.
  - Boiling water is the best way to make tea.

	Fact	Opinion
E.g Dogs are better pets than cats.		✓
The Earth orbits the Sun.		
Pizza is the most delicious food.		
Exercising regularly improves your health.		
Winter is the best season of the year.		
The human body has 206 bones.		
Pizza is the most delicious food.		
Reading books is more enjoyable than watching TV.		

# Fact or Opinion



	Fact	Opinion
I'm not good enough		
My boss said that I did a great job on the project.		
Exercising regularly improves your health.		
Winter is the best season of the year.		
The human body has 206 bones.		
Pizza is the most delicious food.		
Reading books is more enjoyable than watching TV.		
I feel anxious in social situations		
I think my colleague is more talented than I am		
I think i'm beautiful		
Meditation is the best way to relax.		
I'm a hardworker		
Hard work is the only way to the top		
There are 12 months in a year		