

Fact or Opinion?

Learn to understand the difference
between whether a thought is a fact or
an opinion

The logo graphic consists of several overlapping circles and arcs in shades of green and purple. A large, light green circle is the most prominent, with a smaller purple circle inside it. There are also several arcs and dots in various shades of green and purple scattered around the central circles.

HelloSelf

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 and it often takes a bit of practice to work out whether one of our thoughts is a fact or an opinion.

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

| | | Fact | Opinion |
|----|---|-----------------------|-----------------------|
| 1 | I'm a bad person. | <input type="radio"/> | <input type="radio"/> |
| 2 | Sam told me that she didn't like what I said about her. | <input type="radio"/> | <input type="radio"/> |
| 3 | Nothing ever goes right. | <input type="radio"/> | <input type="radio"/> |
| 4 | This will be a disaster. | <input type="radio"/> | <input type="radio"/> |
| 5 | I'm not as attractive as they are. | <input type="radio"/> | <input type="radio"/> |
| 6 | I failed the test. | <input type="radio"/> | <input type="radio"/> |
| 7 | I am overweight. | <input type="radio"/> | <input type="radio"/> |
| 8 | He shouted at me. | <input type="radio"/> | <input type="radio"/> |
| 9 | I'm selfish. | <input type="radio"/> | <input type="radio"/> |
| 10 | There's something wrong with me. | <input type="radio"/> | <input type="radio"/> |
| 11 | I'm lazy. | <input type="radio"/> | <input type="radio"/> |
| 12 | I didn't lend my friend money when they asked. | <input type="radio"/> | <input type="radio"/> |
| 13 | My feet are too big. | <input type="radio"/> | <input type="radio"/> |
| 14 | I'm ugly. | <input type="radio"/> | <input type="radio"/> |
| 15 | No-one will ever love me. | <input type="radio"/> | <input type="radio"/> |

Answers: Facts (2, 6, 7, 8, 12), Opinions (1, 3, 4, 5, 9, 10, 11, 13, 14, 15)