

Fact Checking Thoughts

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'm not smart").

These non-factual thoughts are just opinions we create. This worksheet is designed to help you practice differentiating between a fact and a thought we "see" as facts.

Statement	Fact	Opinion
I'm not smart	<input type="checkbox"/>	<input type="checkbox"/>
I'm unattractive	<input type="checkbox"/>	<input type="checkbox"/>
I passed the test	<input type="checkbox"/>	<input type="checkbox"/>
Nobody likes me	<input type="checkbox"/>	<input type="checkbox"/>
I'm too selfish	<input type="checkbox"/>	<input type="checkbox"/>
I won't pass the exam	<input type="checkbox"/>	<input type="checkbox"/>
I can't do sports	<input type="checkbox"/>	<input type="checkbox"/>
I have brown eyes	<input type="checkbox"/>	<input type="checkbox"/>
I never finish anything	<input type="checkbox"/>	<input type="checkbox"/>
I am single	<input type="checkbox"/>	<input type="checkbox"/>
I'm always broke	<input type="checkbox"/>	<input type="checkbox"/>
I'm really good at math	<input type="checkbox"/>	<input type="checkbox"/>
I'm always so busy	<input type="checkbox"/>	<input type="checkbox"/>
I dislike my job	<input type="checkbox"/>	<input type="checkbox"/>