

Fact or Opinion Worksheet

Anxiety, depression, chronic stress, and other conditions can change how we think. These conditions tend to make our thoughts less helpful or less true - thoughts like, "There's no way I can handle this," "No one cares about me," or "I'm just not good enough."

Cognitive Behavioral Therapy (CBT) helps us push back against these distorted thoughts by examining the **facts (evidence)** supporting or refuting a thought.

What counts as a fact?

Facts are things that *everyone* would agree on about a situation. They are objective statements that you can verify with evidence. Here are some examples:

- London is the capital of England
- He did the dishes, but not the laundry
- Her voice got louder during the argument
- I wasn't invited to the party

What doesn't count as a fact?

Opinions, or interpretations, are personal and are based on thoughts, feelings, or beliefs. They are subjective, and are very hard to prove definitively. Here are some examples:

- London is the best city in England
- He's not trying hard enough
- She can't control herself when she argues
- No one likes me

Facts vs. Opinions Quiz

Practice distinguishing between facts and opinions with the following quiz:

1. I'm just an awkward person	Fact	Opinion
2. I didn't get the job I really wanted	Fact	Opinion
3. Most people were bored when I told a story about myself	Fact	Opinion
4. I'm not smart enough to get the job I really want	Fact	Opinion
5. When I told a joke, nobody laughed	Fact	Opinion
6. If they take my advice, everything will turn out alright	Fact	Opinion
7. One person asked a follow-up question about my story	Fact	Opinion
8. People have thanked me for my advice in the past	Fact	Opinion

Key: 1=opinion, 2=fact, 3=opinion, 4=opinion, 5=fact, 6=opinion, 7=fact, 8=fact

*This worksheet provides information but is not a substitute for therapy. It works best with guidance from a professional.





Additional Resources to Support Your Mental Health Journey

It can be hard to know where to begin looking for support in your mental health journey. Getting a referral from a primary care physician is a reliable first step. Also, sometimes family and friends have experienced similar issues and have professionals they would recommend. The experts at ChoosingTherapy.com are here to help as well, with resources we have reviewed and recommend. Our [strict editorial standards](#) ensure our reviews are fair, honest, thorough, and based on firsthand experience.

You Can Trust ChoosingTherapy.com



325+
Companies Reviewed



3,625+
Hours of Firsthand Experience



1,545+
Data Points Analyzed



[Best Online Therapy](#)

Online therapy is a convenient way to connect with a licensed therapist to address mental health issues, reduce unhealthy behaviors, develop effective coping skills, and get more satisfaction out of life. Many companies accept insurance and most have next-day appointments available.

[Best Online Psychiatry](#)

Online psychiatry providers enable patients to consult with licensed psychiatrists and other mental health professionals. They can evaluate, diagnose, and prescribe medication to help manage mental health issues. Many companies accept insurance and most have next-day appointments available.



[Best Mental Health Apps](#)

Apps can be great way to monitor mood, track sleep, journal, and practice healthy coping skills like mindfulness and meditation. There are apps specifically designed to help people reduce the symptoms of depression, anxiety, ADHD, chronic stress, and burnout.

[Therapist Directory](#)

When you're looking for a mental health provider with a very particular skill set, level of experience, or personality type, a therapist directory can be very helpful. Using the filters, you can refine your search until you find a therapist who feels like a perfect fit.





Tools for Self-Assessment and Psychoeducation

Figuring out the next step in your mental health journey can be overwhelming. Developed by psychologists, the tools at [ChoosingTherapy.com](https://www.ChoosingTherapy.com) can help. Our mental health self-assessment quizzes can help you explore common symptoms of mental health concerns, as well as find the best therapy style for you. Our mental health worksheets can guide you through therapy concepts and how to use them in your life.

[Learn More with Mental Health Quizzes](#)

Our collection of psychologist-developed mental health quizzes can help you learn if you are experiencing mild, moderate, or concerning levels of anxiety, depression, stress, burnout, and more. Each quiz also provides targeted resources based on your answers. These self-assessments are designed to offer insight, not diagnoses, and can be a helpful first step in recognizing symptoms and deciding whether to seek further support. If you have concerns about your mental health or your quiz results, we recommend you reach out to a licensed mental health professional.



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