

Fact or Opinion Worksheet for Teens

Anxiety, depression, stress, and other problems can change how we think. These problems tend to make our thoughts more negative 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 challenge those kinds of thoughts by looking at the actual evidence for and against them, so you can start seeing things more clearly. We do this by looking at the **facts**.

What is a fact in CBT?

In CBT, facts are things that can be proven true - real evidence, not opinions or guesses. Depression, anxiety, and stress can change how we see things, but they can't change the actual facts. That's why it's so important to focus on what's real when your thoughts start to spiral.

What counts as a fact?

Facts are things that **everyone would agree on** about a situation - even people with very different or even opposite opinions. For example, you might deeply disagree with your friend about who the best football team in the country is, but the final score of last year's Superbowl is a fact.

Facts are also things that could be **observed** and **double-checked with evidence**.

What doesn't count as a fact?

Opinions or interpretations don't count as facts. They are personal and are based on thoughts, feelings, or beliefs. They're also subjective, and are very hard to prove for certain or double-check with evidence.

Assumptions, guesses about what other people are thinking or feeling, preferences, and value judgments are not facts.

Let's take a look at some examples:

Facts

✓ **She got a higher grade on this test than the last one**

Everyone could look at her two grades, compare them, and agree.

Not facts

✗ **She's going to ace the next test!**

Maybe, maybe not! We can guess based on her past performance, but we don't know for sure yet.

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



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Facts

- ✓ **He raked the leaves**
Everyone could observe him raking and agree that he raked the leaves.
- ✓ **Her voice got louder during the argument**
Everyone could hear the volume and agree that the volume increased.
- ✓ **He said that he liked my essay**
Everyone could hear his words and agree on what he said.

Not facts

- ✗ **He raked the leaves carelessly**
This is a value judgment. How do we know he was careless? What if he was really careful but the result was still poor?
- ✗ **She can't control herself during arguments**
This is an opinion. What does "control herself" mean? Someone's definition might change based on whether they like her or not.
- ✗ **(I think) he liked my essay**
We can take guesses about what people think or feel, but we don't know for sure unless we ask them.

Facts vs. Opinions Quiz

You can practice telling the difference between facts and opinions with the following quiz:

1. I'm just an awkward person	Fact	Opinion
2. I didn't get a passing grade	Fact	Opinion
3. Everyone seemed bored when I told a story	Fact	Opinion
4. I'll never get a passing grade	Fact	Opinion
5. When I told a joke, two people laughed	Fact	Opinion
6. If they do it my way, everything will turn out perfectly	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=fact, 7=fact, 8=fact

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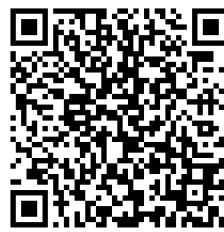
3,625+
Hours of Firsthand Experience



1,545+
Data Points Analyzed



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