

Facts or Opinions?

Sometimes cognitive distortions can make it hard to tell what is just an opinion and what is fact. Opinions are subjective—there is no way of “proving” or “disproving” them, they simply reflect a preference or a perspective on something. On the other hand, facts are able to be proven or disproven. Facts are right or wrong, no matter who thinks or says them. Test yourself on how well you can differentiate between facts and opinions.

#	Statements	True or False?	
		True	False
1	I am a failure.		
2	I’m uglier than him/her.		
3	I said “no” to a friend in need.		
4	A friend in need said “no” to me.		
5	I suck at everything.		
6	I yelled at my partner.		
7	I can’t do anything right.		
8	He said some hurtful things to me.		
9	She didn’t care about hurting me.		
10	This will be an absolute disaster.		
11	I’m a bad person.		
12	I said things I regret.		
13	I’m shorter than him.		
14	I am not loveable.		
15	I’m selfish and uncaring.		
16	Everyone is a way better person than I am.		
17	Nobody could ever love me.		
18	I am overweight for my height.		
19	I ruined the evening.		
20	I failed my exam.		

Answers:

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| 1. | I am a failure. | False |
| 2. | I'm uglier than him/her. | False |
| 3. | I said "no" to a friend in need. | True |
| 4. | A friend in need said "no" to me. | True |
| 5. | I suck at everything. | False |
| 6. | I yelled at my partner. | True |
| 7. | I can't do anything right. | False |
| 8. | He said some hurtful things to me. | True |
| 9. | She didn't care about hurting me. | False |
| 10. | This will be an absolute disaster. | False |
| 11. | I'm a bad person. | False |
| 12. | I said things I regret. | True |
| 13. | I'm shorter than him. | True |
| 14. | I am not loveable. | False |
| 15. | I'm selfish and uncaring. | False |
| 16. | Everyone is a way better person than I am. | False |
| 17. | Nobody could ever love me. | False |
| 18. | I am overweight for my height. | True |
| 19. | I ruined the evening. | False |
| 20. | I failed my exam. | True |