

# Fact Or Opinion Worksheet

## Thoughts Are Not Facts

It's common to assume our thoughts are fact. Often times though, this is not the case. It can take practice to realize which of our thoughts are fact or opinion.

Below, practice whether the thought provided is "fact" or "opinion".

	Fact	Opinion
1. "I'm ugly"	<input type="checkbox"/>	<input type="checkbox"/>
2. "I'm a bad person"	<input type="checkbox"/>	<input type="checkbox"/>
3. "Nothing ever goes right"	<input type="checkbox"/>	<input type="checkbox"/>
4. "No one will ever love me"	<input type="checkbox"/>	<input type="checkbox"/>
5. "We had spaghetti for dinner last night"	<input type="checkbox"/>	<input type="checkbox"/>
6. "I am overweight"	<input type="checkbox"/>	<input type="checkbox"/>
7. "I failed the test"	<input type="checkbox"/>	<input type="checkbox"/>
8. "I'm lazy"	<input type="checkbox"/>	<input type="checkbox"/>
9. "Last night we had hamburgers for dinner"	<input type="checkbox"/>	<input type="checkbox"/>
10. "There's something wrong with me"	<input type="checkbox"/>	<input type="checkbox"/>
11. "My feet are to big"	<input type="checkbox"/>	<input type="checkbox"/>
12. "This will be a disaster"	<input type="checkbox"/>	<input type="checkbox"/>
13. "I'm not as attractive as they are"	<input type="checkbox"/>	<input type="checkbox"/>
14. "She shouted at me"	<input type="checkbox"/>	<input type="checkbox"/>
15. "I'm selfish"	<input type="checkbox"/>	<input type="checkbox"/>
16. "We should have spaghetti every Thursday"	<input type="checkbox"/>	<input type="checkbox"/>