

Thoughts are not facts

Thoughts	Fact	Opinion
1. "I am not as attractive as she is"		
2. "He said that he didn't like that you showed up 15 min late"		
3. "I can't do anything right"		
4. "Something bad will happen"		
5. "I failed the test"		
6. "I got 78% on the test"		
7. "I am overweight"		
8. "He shouted at me"		
9. "I am lazy"		
10. "There is something wrong with her"		
11. "My life is over"		
12. "I didn't ask her to sit with me when I saw her sitting by herself"		
13. "I am too tall"		
14. "I am not good looking"		
15. "No one will ever love me"		