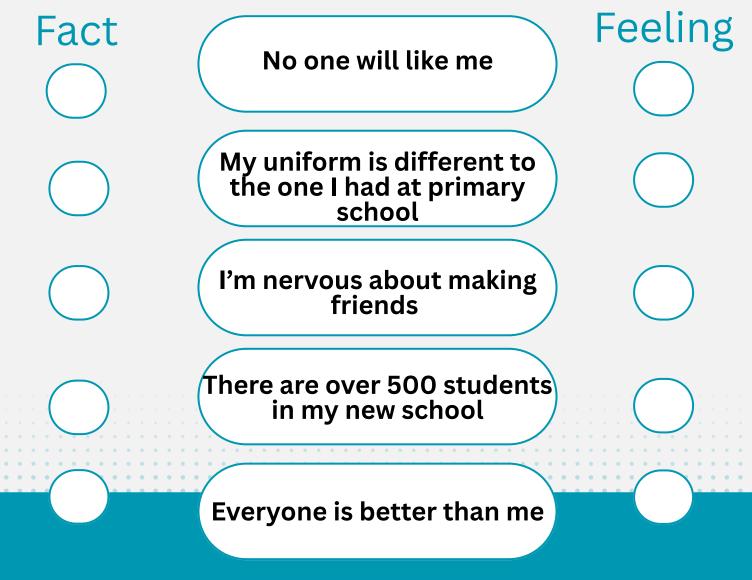


Fact or feeling?

CBT focus: Distinguishing between thoughts, feelings, and facts. Goal: To build awareness of how feelings don't always reflect reality.



Choose one "feeling" thought from above and ask... Is this 100% true? What's the evidence for and against it? What would I say to a friend who had this thought?