



Fact or feeling?

CBT focus: Distinguishing between thoughts, feelings, and facts.

Goal: To build awareness of how feelings don't always reflect reality.

Fact

☐

No one will like me

☐

My uniform is different to the one I had at primary school

☐

I'm nervous about making friends

☐

There are over 500 students in my new school

☐

Everyone is better than me

Feeling

☐☐☐☐☐

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?