

## Fact-Checking CBT Worksheet

You can adapt this worksheet to have statements of your choice and that fit the specific thoughts your individual clients have (the first few are just examples). Then, either in session or as homework for your client, choose whether the statement is a fact or opinion. The answers will depend on the statement.

Statement	Fact	Opinion
I'm not attractive		
I'm not good at my job		
Nobody likes me		
I dislike my job		
I'll fail this test		
I'll be single forever		
I failed the test		
(Add another statement here)		
(Add another statement here)		
(Add another statement here)		
(Add another statement here)		