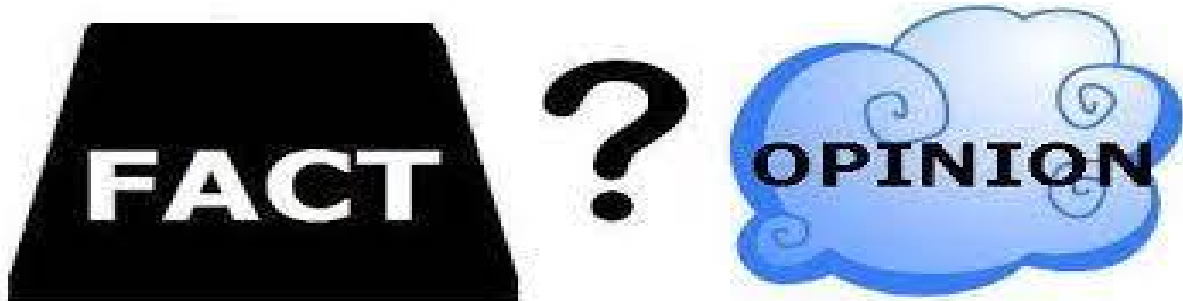


Fact vs Opinion Worksheet CBT

Read the characteristics of facts and opinions and then practice differentiating them



<h2>Fact</h2> <p><i>Spinach is a source of iron.</i></p>	<h2>Opinion</h2> <p><i>Spinach tastes awful.</i></p>
<p>Statement that can be proven</p> <p>Clue words and phrases:</p> <ul style="list-style-type: none">the fact that, in fact, indeed, the truth is, as a matter of fact, it is proven, (inclusion of numbers, measurements, or data) <p>Ask yourself:</p> <ul style="list-style-type: none">Can the statement be verified by:<ul style="list-style-type: none">checking reliable sources?observing it myself?asking an expert? <p><i>If yes, it is a FACT.</i></p>	<p>Statement that cannot be proven because it expresses a person's belief</p> <p>Clue words and phrases:</p> <ul style="list-style-type: none">believe, think, feel, argue, in my opinion, it's likely that, I'm sure that, should, must, ought to, good/best, worse/worst, may <p>Ask yourself</p> <ul style="list-style-type: none">Might reasonable people disagree?Is it about an impression or feeling? <p><i>If yes, it is an OPINION.</i></p>
