

# Facts vs Feelings Worksheet

**Name:** Emily Dawson **Date:** January 30, 2025

*In this worksheet, you'll practice distinguishing between facts and feelings. Facts are objective truths or events, while feelings are subjective emotional responses. This can help you understand your reactions and improve emotional regulation.*

## Describe a recent situation where your feelings might have affected your judgment.

I sent a message to my friend, and they didn't reply for hours. I felt like they were ignoring me on purpose.

### Facts

List the objective facts below.

1. My friend didn't reply for several hours.

2. They have a busy job.

3. They didn't post anything online.

4. I didn't ask if something was wrong.

5. Later, they apologized and said they had a hectic day.

### Feelings

List the feelings you experienced in response to the situation.

1. I felt ignored and unimportant.

2. I felt like they didn't care about me.

3. I assumed they were avoiding me.

4. I felt hurt and frustrated.

5. I realized I had jumped to conclusions.

### Reflection

How did your feelings influence your perception of the facts?

I assumed my friend didn't want to talk to me, even though there was no real evidence of that. My emotions made me think the worst.

How might understanding the difference between facts and feelings help you in similar situations in the future?

It will help me avoid overreacting. Instead of assuming, I can remind myself to wait for more information before reacting emotionally.

#### **Additional notes**

I will work on pausing before reacting and reminding myself to check the facts first.

#### **Healthcare professional's information**

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