

# Facts vs Feelings Worksheet

Patient Name: Priya Kapoor

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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.

Argument with my husband about spending time together.

Facts	Feelings
List the objective facts below.	List the feelings you experienced in response to the situation.
My husband mentioned he had to work late on 1. three evenings this week.	I felt hurt and like I wasn't a priority. 1.
We had a dinner date planned on one of those 2. evenings.	I was frustrated that our plans were changed 2. after I looked forward to it all week.
He apologized and suggested we go out on the 3. weekend instead.	I felt worried about maybe he was cheating on 3. me.
Reflection	

How did your feelings influence your perception of the facts?

My feeling hurt made me see my husband's work commitments as him choosing work over me, even though it's probably just work stuff.

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

Knowing the difference can help me react more calmly and not jump to conclusions. It could help us talk things out better and avoid fights.

### Additional Notes

Priya often sees her husband's actions in a negative light because of her feelings. I suggested she try to separate facts from feelings and talk openly about her needs.

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