

Facts vs Feelings Worksheet

Name: _____ Date: _____

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.

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Facts	Feelings
List the objective facts below.	List the feelings you experienced in response to the situation.
1.	1.
2.	2.
3.	3.
4.	4.
5.	5.

Reflection

How did your feelings influence your perception of the facts?

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

Additional notes

Healthcare professional's information

Name:

License number:

Contact information:

Name of practice: