Thought, feeling or fact?

A sorting exercise: is each statement a fact, a thought or a feeling?

Name _____ Date _____

A **fact** is something a camera could record. A **thought** is what your mind says about it: an opinion, a guess or a prediction. A **feeling** is an emotion, usually one word: sad, scared, angry, ashamed.

Mark each statement with an X in the right column.

Statement	Fact	Thought	Feeling
I was ten minutes late for the meeting.			
Everyone thinks I am unreliable.			
Anxious.			
My manager did not say good morning.			
She is annoyed with me.			
I am going to lose my job.			
Ashamed.			
I have not been out with friends in three weeks.			
Nobody wants me around.			
Lonely.			

Notice

"I feel like a failure" is a thought, even though it starts with "I feel". If you can swap "I feel" for "I think", it is a thought.

A situation from my week

The facts	What I thought	What I felt
What a camera would have recorded	Opinions, guesses, predictions	One word for each feeling

What changes when I separate the three?

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