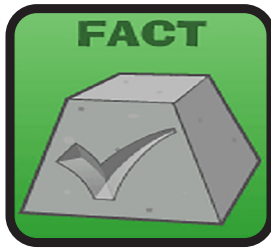


FACT OR OPINION?



FACT

- Evidence to support its truth
- Undisputed
- Driven by rational thought



OPINION

- Based upon a belief or personal view
- Varies according to individuals' knowledge, experience, culture, belief systems etc
- Driven by and reinforced by emotion

At stressful times, we tend to be driven by our emotions and opinions, which create a vicious cycle by fuelling each other. Our emotions strengthen our opinions, which in turn, intensify our emotions.

This leads to impulsive acts and unhelpful longer term consequences, which help to maintain the overall problem.

It can therefore be helpful to ask ourselves whether what we're thinking is FACT or OPINION.

- If it's a fact, then we can make choices about what we can or cannot do.
- If it's an opinion, then we can look at the facts – what we do **know** about the situation.



Realising that many thoughts are opinion rather than fact makes it less likely that we'll be distressed by them, and more able to make wise and calm decisions about what the best action to take.

Get into the habit of asking yourself:

FACT or OPINION?



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