

Facts vs. Feelings

How to Use the Chart

1. **Write the Situation:** Describe what happened briefly.
2. **List the Facts:** Focus on what is observable and verifiable (e.g., actions, events).
3. **List the Feelings:** Add your emotions and thoughts about the situation.
4. **Challenging Negative Thoughts:** Brainstorm 2-3 alternative reasons for what happened.
5. **Reframing the Situation:** Use one of the alternative explanations to create a more balanced thought.

Situation		
Facts		
Feelings		
Challenging Negative Thoughts		
Reframing the Situation		

Why It Helps

By separating facts (what actually happened) from feelings (how you interpret or react to what happened), it becomes easier to reframe situations

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Situation	My friend hasn't replied to my text for two days.	A coworker didn't say hello to me this morning.
Facts	<ul style="list-style-type: none">• I sent a text two days ago.• My friend hasn't responded yet.	<ul style="list-style-type: none">• They walked past me without saying hello.• They were looking at their phone.
Feelings	<ul style="list-style-type: none">• I feel upset they didn't reply.• I feel like they don't care about me.	<ul style="list-style-type: none">• I feel ignored.• I feel like they don't like me.
Challenging Negative Thoughts	<ul style="list-style-type: none">• Maybe they were busy or forgot to reply.• My friend has replied late before when they were busy.	<ul style="list-style-type: none">• They may have been distracted or not seen me.• It doesn't mean they don't like me.
Reframing the Situation	"My friend might be overwhelmed or preoccupied. It doesn't mean they don't care about me."	"My coworker was likely focused on something else. It wasn't personal, and I can greet them later."

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