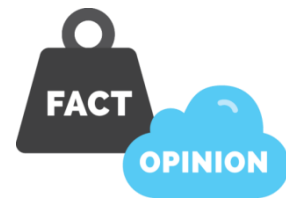
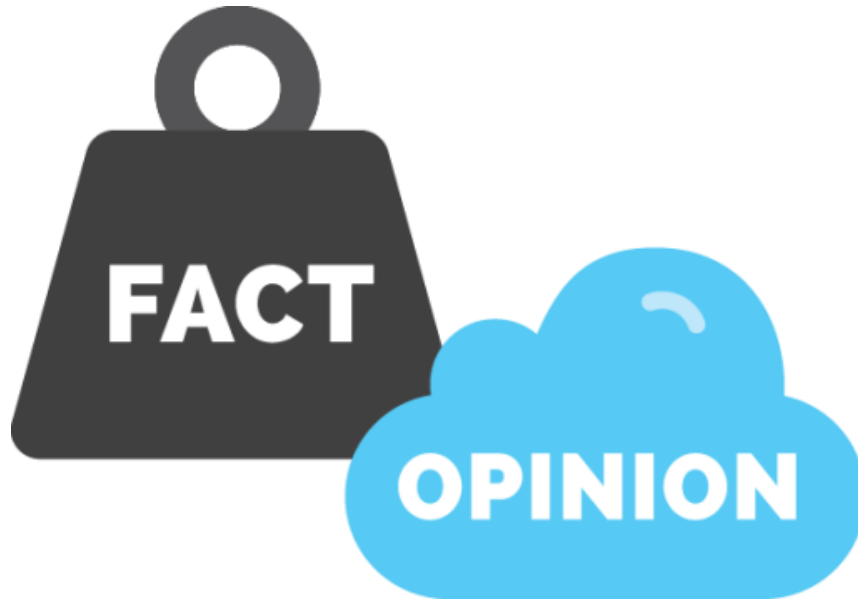


Fact or Opinion



Fact or Opinion skill helps us to think differently and change our emotional response.



When we are feeling THE FIZZ, our strong emotions power our opinions. The strong opinions then reinforce our emotions and this makes us fizz even more! It is a vicious cycle that feels very powerful. It can lead us to act on impulse with unhelpful results.

For example, if a friend walks past us without saying hello, we might think "she ignored me", "she doesn't want to be my friend anymore", or "she didn't see me". Our opinion will then affect our emotion.

The only fact is that the person walked past and didn't acknowledge you; anything else is an opinion, our own way of making sense of the situation. The reality or fact may be something very different.

So we need to ask ourselves: is this FACT or OPINION?

FACT	OPINION
<ul style="list-style-type: none">• Evidence to support its truth• No argument• Driven by rational thought (head)• Would stand up in a court of law	<ul style="list-style-type: none">• Based upon our own beliefs• It could change• Driven by emotion (heart)