



“FACT VERSUS FICTION ACTIVITY” PRINTABLE PDF

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& Coach

Theory: All too often we treat interpretations as if they were facts. When supplying us with negative messages, there is no shortage of self-sabotaging beliefs that are interpretations disguised as facts. This exercise helps clients differentiate interpretations from facts.

Implementation: *This activity is helpful for those whose negative self-talk leads to excessive anxiety and depression. Explain to the client that we often treat our irrational interpretations about ourselves as facts, rather than see them for what they are – mere interpretations. Generate a list to help you distinguish fact from interpretation.*

Processing: In going over the completed worksheet, it's important to understand the difference between fiction in self-interpretations and facts. Negative self-talk is simply not true so perhaps considering not giving these fictional messages so much power can be helpful in moving forward in a more positive light

Interpretation

Examples:

“I am awful at talking to people”

“My coworkers do not like me”

Facts

Examples:

“I feel uncomfortable with others at time”

“A few of my coworkers do not talk to me”
