

FACT VS OPINION

Sometimes when we are under a lot of stress, we can be driven more by our emotions and opinions. Our emotions strengthen our opinions which leads to even bigger emotions!

What's the difference between Fact and Opinion?

FACT



- Undeniable
- Backed up by evidence
- Driven by rational thinking

OPINION



- Arguable
- Based on belief or personal view
- Driven by emotion

If we can realise that many of our thoughts are opinions rather than facts, we can respond more calmly and rationally. We can let go of negative opinions that might cause us stress and focus on the facts!

