



JANINE DURSO · THE BELIEF COACH

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# FACT VS STORY WORKSHEET

## CIRCUMSTANCES (FACTS) VS THOUGHTS (STORY)

### **FACTS AND THOUGHTS**

When we realize that our minds cause our feelings, we can be much more in control of our emotional lives. It doesn't mean that we won't choose to be sad when we want to be sad; we most likely will. But it does mean we can decide not to be mad when something much less significant happens in our lives. We control our emotional lives with our thinking.

If you say, "Work stresses me out," it's your thoughts about work that stress you out. Although you might not be able to change your job in this very moment, you most certainly can change the way you think about your job. That will change everything. Identifying and understanding the patterns of one's life are much easier from an outside perspective. This is why we write down our thoughts and observe them like a watcher, with curiosity.

We create our lives mostly with our minds. We often believe our stories so deeply that we think they're facts when they're not. We must become aware of the stories we tell ourselves then question them and know that it is fully in our power to change them.

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**FOR EACH OF THE STATEMENTS BELOW, CIRCLE THE  
“C” IF IT’S A CIRCUMSTANCE OR THE “T” IF IT’S A THOUGHT.**

C T MY HOUSE IS TOO SMALL FOR MY FAMILY.

C T WE NEED A NEW HOUSE.

C T WE LIVE IN A HOUSE.

C T MY 13-YEAR-OLD CHILD IS MAD AT ME.

C T I HAVE A 13-YEAR-OLD CHILD.

C T JULIA IS MY FRIEND.

C T PEOPLE USUALLY LIKE ME.

C T MY BOSS IS DIFFICULT TO WORK FOR.

C T MY BOSS DOESN'T UNDERSTAND ME.

C T MY CHILD SAID SHE DOESN'T CARE.

C T I WEIGH 162 POUNDS.

C T I NEED TO FIND A JOB

C T I'M TOO BUSY.

C T MY LIFE IS OVERWHELMING.

C T MY LIFE IS EXACTLY WHAT IT'S SUPPOSED TO BE.

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## ANSWER KEY

- C  T MY HOUSE IS TOO SMALL FOR MY FAMILY.
- C  T WE NEED A NEW HOUSE.
- C T WE LIVE IN A HOUSE.
- C  T MY 13-YEAR-OLD CHILD IS MAD AT ME.
- C T I HAVE A 13-YEAR-OLD CHILD.
- C  T JULIA IS MY FRIEND.
- C  T PEOPLE USUALLY LIKE ME.
- C  T MY BOSS IS DIFFICULT TO WORK FOR.
- C  T MY BOSS DOESN'T UNDERSTAND ME.
- C T MY CHILD SAID SHE DOESN'T CARE.
- C T I WEIGH 162 POUNDS.
- C  T I NEED TO FIND A JOB
- C  T I'M TOO BUSY.
- C  T MY LIFE IS OVERWHELMING.
- C  T MY LIFE IS EXACTLY WHAT IT'S SUPPOSED TO BE.