

Name: _____ Date: _____

PRINTABLE COUNSELING

Give a check mark.

	Fact	Opinion
"I failed the test"	<input type="checkbox"/>	<input type="checkbox"/>
"I'm selfish"	<input type="checkbox"/>	<input type="checkbox"/>
"This will be a disaster"	<input type="checkbox"/>	<input type="checkbox"/>
"I am overweight"	<input type="checkbox"/>	<input type="checkbox"/>
"I'm ugly"	<input type="checkbox"/>	<input type="checkbox"/>
"I'm not as attractive as they are"	<input type="checkbox"/>	<input type="checkbox"/>
"My feet are too big"	<input type="checkbox"/>	<input type="checkbox"/>
"I'm a bad person"	<input type="checkbox"/>	<input type="checkbox"/>
"I'm lazy"	<input type="checkbox"/>	<input type="checkbox"/>
"There's something wrong with me"	<input type="checkbox"/>	<input type="checkbox"/>
"Nothing ever goes right"	<input type="checkbox"/>	<input type="checkbox"/>
"No-one will ever love me"	<input type="checkbox"/>	<input type="checkbox"/>

Describe your mood today: