

A Thought Is Not a Fact

Sort what you could prove from what you have decided about it.

WHEN TO USE THIS

Use this when something feels so true that checking it seems pointless.

A thought can feel true and still be wrong. Feeling sure is not the same thing as being right.

Sort what is in your head right now.

FACTS YOU COULD PROVE

THOUGHTS ABOUT THE FACTS

Pick one from the right side. What would change if it were not true?

What is one fact you keep leaving out?

You can hold a thought without swallowing it whole.