

## FACTS VS. PERCEPTIONS WORKSHEET

**Instructions Part 1:**

In the top circle (*The Situation*) write or type a description of the situation as it occurs to you. Describe the situation without bothering to separate facts from your perceptions and interpretations.

**The Situation**

(A Blend of Facts and Perceptions)

**Instructions Part 2:**

Use the bottom two circles to separate the observable facts about what happened from your perceptions and interpretations about what happened. Write or type directly into the circles.

**What Happened**

(Observable Facts)

**My "Story"**

(Perceptions and Interpretations)