

EXERCISE: Facts versus Interpretations

Worksheet 8.1 helps you practice telling the difference between facts and interpretations. "Facts" are generally things that everyone would agree on in a situation – things like "It was Thursday night," or "The expression on Judy's face changed." "Interpretations" are things people looking at the same situation might disagree about. For each of the statements listed in the left column of Worksheet 8.1, choose in the right column whether you think this is a fact or an interpretation about what went on between Vic and Judy. The first two have been completed as examples. You may want to refer to the description of Judy and Vic's fight at the beginning of this chapter on page 69 before you decide if a statement is a fact or an interpretation.

WORKSHEET 8.1. Facts versus Interpretations

1. She's always giving me negative looks.	<i>Interpretation</i>
2. The expression on Judy's face changed.	<i>Fact</i>
3. I'm feeling angry [Vic].	
4. Judy doesn't care if I'm sober or not.	
5. She cares more about the kids than she does about me.	
6. Judy yelled at me as I was leaving the house.	
7. Judy stayed with me through all those years of drinking.	
8. She doesn't support me in AA.	
9. I can't stand being so angry.	
10. You can't expect me to care when you act like this [Judy].	