

## Truth or Belief

### Truth:

- It is **FACT**
- There is **proof**
- Driven by **rational thought**

**VS**

### Belief:

- **Emotionally driven**
- **Arguable**
- Based on **personal opinion**

When we are stressed or anxious, our thoughts are driven by our emotions. This means that they tend to be unrealistic, negative or exaggerated from the actual truth. Taking time to assess our thoughts will enable us to challenge them if they are based on belief and not truth. For example:

### Truth:

- This is a **dog**
- It is **black and white**
- It has **pointy ears**



### Belief:

- This dog is **cute/scary**
- It will **bite me**
- It smells **funny**

If your thoughts are that this dog may bite you or that it smells funny, this will automatically have a negative effect on your feelings and behaviour around the dog. If you just focused on the truths then you would have a calmer response to the dog.

