Worksheet #1

Separate Fact from Interpretation Quiz

Activity: This activity will help you learn the difference between an accurate observation of a person's behaviour (a fact) and making a judgement based on your interpretation of it.

Read the following statements and decide whether you think the statement is a fact or an interpretation of a person's behaviour. On the blank line beside each statement, place an "F" for Fact or an "I" for Interpretation, then check the answers to see how you did.

1. _____ Harry was not sincere.

2. _____ That is the third time you have interrupted me while I was talking.

3. _____ Harry didn't look me in the eyes when he spoke to me.

4. _____ Susan deliberately changed the subject.

5. _____ Harry talked about the weather.

6. _____ The house repair was inadequate.

7. _____ Susan was discouraged.

8. _____ My friend forgot our meeting.

9. _____ Frank misinterpreted what I was trying to say.

10. ____ Harry kept talking even after Susan asked him to stop.

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Answers to Separate Fact from Interpretation Quiz

1. Interpretation—We can never know for sure if someone is being sincere or not.

2. Fact—If you were counting the interruptions, it would be an accurate statement of the other's behaviour.

3. Fact—You can observe whether someone has looked you in the eyes or not, but it would be making a judgement to interpret it as meaning they were guilty of something, for example.

4. Interpretation—She may have changed the subject, but whether it was deliberate or not is a matter of interpretation.

5. Fact—It is an accurate description of what Harry talked about.

6. Interpretation—A statement of fact would be that smoke is still coming out of the furnace.

7. Interpretation—This may be an accurate interpretation, but it is still a guess about her emotional state.

8. Interpretation—The friend missed the meeting, but only he can say whether he forgot about it or not.

9. Interpretation—This could be an accurate interpretation, but there are still other possibilities.

10. Fact—It is an accurate description of what happened.

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