

Thoughts on Trial

cognitive restructuring technique

In this exercise, you will put a thought "on trial." You'll act as defense, prosecution, and judge to determine the accuracy of the thought.

- **Defense and Prosecution:** Gather evidence both for and against your thought. Evidence can be used only if it's a verifiable *fact*. No interpretations, guesses, or opinions!
- **Judge:** Come to a verdict regarding your thought. Is the thought accurate and fair? Are there other thoughts that could better explain the facts?



Thought



Defense

evidence for the thought



Prosecution

evidence against the thought



Judge's verdict