

# Thoughts on Trial

## cognitive restructuring technique

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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