

# 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