

# THOUGHTS ON TRIAL

Ever catch yourself spiralling into negative thinking? Here's a powerful technique: putting your thoughts on trial! Let's imagine you are the Defence Lawyer, the Prosecution Lawyer, and the Judge...

**IDENTIFY THE THOUGHT**



**THE PROSECUTOR**

Evidence that is **AGAINST** the thought

**THE DEFENCE**

Evidence **FOR** the thought

**EVIDENCE**

**THE JUDGE'S VERDICT**

Is the thought true or false?

**MY NEW THOUGHT:**

