

Putting Thoughts on Trial Worksheet

PERSONAL INFORMATION

Name: _____ Age: _____

Gender:

☐ Male ☐ Female ☐ Other

Date: _____ dd / mm / yyyy

INSTRUCTIONS

This worksheet can help you challenge negative or unhelpful thoughts and develop more balanced and realistic thinking patterns.

THE CASE

Thought on trial:

THE PROSECUTION (FOR THE ACCUSATION)

Evidence for the thought:

THE DEFENSE (CHALLENGING THE ACCUSATION)

Evidence against the thought:

THE VERDICT

Is the thought based on solid evidence or assumptions/biases? Based on the evidence, how valid or accurate is the original thought?

Can you reach a fair verdict that explains the thought in a rational and balanced way? Reframe the thought in a more accurate, balanced, and helpful way.