

THOUGHT CHALLENGE: THE COURT TRIAL

The Thought in Question

Write down the negative thought that is troubling you:



The Defense

What evidence is there that this thought is true?

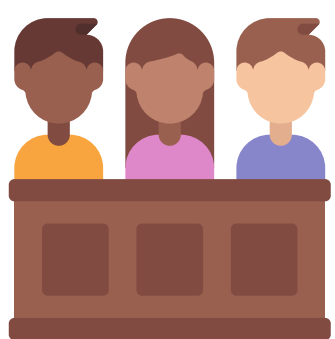
What would the defense say to make the jury believe the thought is true?



The Prosecution

What evidence is there that this thought is false?

What would the prosecution say to make the jury believe the thought is false?



The Jury's job is to weigh up the evidence for and against the thought and make a decision based on the facts not their feelings



The Verdict

Having looked at all the evidence, what do you think of the original thought now ?

What would the prosecution say to make the jury believe the thought is false?

