

The Court Case

1 Write down your thought/s – put the really troublesome thought (not you!) in the “dock”, the thought that makes you feel really bad or upset. (To help identify this thought, ask yourself questions such as: What’s the worst that could happen? What does that say about me?)

2 Look for evidence to support the accuracy of the thoughts – what tells you this thought is true? What would a barrister / lawyer / advocate for the defense say? (Remember this is a “court case” and evidence should be able to stand up in court as facts)

3 Look for evidence against the thoughts – what tells you this thought is not totally true, all of the time? What would a barrister / lawyer / advocate for the prosecution say? What factual evidence is there? Consider what others would say (witnesses) etc.

4 Sum up all the evidence and come to your own conclusions – find a closing statement that is based on the evidence, that is realistic, rational and balanced. Rephrase the original thought in a way that includes the evidence. (You might start with: “Even though I.....)”)