

Putting Thoughts on Trial Worksheet

Personal Information

Name:

Age:

Gender:

Date:

Instructions

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

The Case

Thought on trial: Write down the specific thought that is causing you distress or holding you back.

The Prosecution (For the Accusation)

Evidence for the thought: List down all the reasons why you believe this thought is true. What experiences or observations support this thought? Make sure that these are based on facts.

The Defense (Challenging the Accusation)

Evidence against the thought: Consider alternative explanations for the situation. Are there any facts or evidence that contradict this thought? Make sure that these are based on facts.

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.

References

Reddington, S. (2017). *Self help CBT cognitive behavior therapy training course & toolbox*. Createspace Independent Publishing Platform.

Therapist Aid. (2012). *Cognitive restructuring: Thoughts on trial (worksheet)*. Therapist Aid. <https://www.therapistaid.com/therapy-worksheet/putting-thoughts-on-trial>