

# 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>