Putting a thought on trial

Weigh the evidence for and against one harsh thought, the way a court would.

Name _____ Date _____

The thought on trial (write it as one clear sentence)

How strongly do I believe it right now?

0 — 10 — 20 — 30 — 40 — 50 — 60 — 70 — 80 — 90 — 100

Not at all — Completely

The case for

Solid evidence that the thought is true. Would it stand up in court?

The case against

Evidence that it is not true, or not the whole truth

Questions for the jury

- Am I confusing a feeling with a fact?
- What would someone who cares about me say about this evidence?
- Have there been times when this thought turned out not to be true?

The verdict. A fair summing up, based on all the evidence.

How strongly do I believe the original thought now?

0 — 10 — 20 — 30 — 40 — 50 — 60 — 70 — 80 — 90 — 100

Not at all — Completely

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