

# Putting Thoughts on Trial



In this exercise, you will put a thought on trial by acting as a defense attorney, prosecutor, and judge, to determine the accuracy of the thought.

**Prosecution and Defense:** Gather evidence in support of, and against, your thought. Evidence can only be used if it's a verifiable fact. No interpretations, guesses, or opinions!

**Judge:** Come to a verdict regarding your thoughts. Is the thought accurate and fair? Are there other thoughts that could explain the facts?



**The Thought**



**The Defense**

*evidence for the thought*



**The Prosecution**

*evidence against the thought*



**The Judge's Verdict**

*Shared by Nefateri P Smalls Trauma Recovery Coaching*