

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



TRAUMA
PROCESSING

You are never alone in this world.
Even when everything in your body is telling you, you are.

While I create journaling pages to process events and emotions, I
hope you still seek medical assistance where you need it in life.

You are beautiful. You are loved, You are one of a kind.

-Mary Claire

National Suicide Prevention Lifeline
suicidepreventionlifeline.org | 1-800-273-8255

Center for Substance Abuse Treatment
samhsa.gov | 1-800-662-HELP

Be kind to yourself-

Healing is a journey. You may no longer be in the situation that brought you shame, embarrassment, neglect, or loss, but buried things still speak if they are only hidden and not resolved. Taking the time to journal will help you to release thoughts and feelings so that you are not carrying the weight of them.

- Nefateri P Smalls

LIST OF EMOTIONS PT. 1

absorbed	apprehension	compassion	distressed	extroverted
acceptance	aroused	complacent	dismissed	exuberant
aching	ashamed	compliant	displeasure	_____
admiration	assertive	composed	dissatisfied	fascinated
adventurous	assured	conceited	distraction	fatalistic
adoration	astonishment	concerned	distress	fear
admiration	attachment	confident	disturbed	fearful
adrift	attracted	contempt	doom	ferocity
adulation	attraction	content	dread	flummoxed
affection	awe	contentment	_____	flustered
afraid	awkward	cowardly	eager	fondness
affection	_____	crabby	earnest	frazzled
aggravation	baffled	crazed	easy-going	fretful
aggressive	betrayed	crazy	ecstasy	fright
agitation	bitterness	cross	ecstatic	frightened
agony	blessed	cruel	edgy	frustration
agreeable	bliss	_____	elation	furious
alarm	blue	daring	embarrassment	fury
alone	bold	defeated	emotion	_____
aloof	boredom	defiance	emotional	generous
alert	bitter	delighted	empty	glad
alienation	brave	denial	enamored	gloating
alive	bubbly	dependence	enchanted	gloomy
amazement	_____	depressed	enjoyment	glum
amusement	calculating	desire	enraged	greedy
anger	calm	detached	enraptured	grief
angst	capricious	disappointment	enthralled	grim
animated	caring	disapproval	enthusiasm	groggy
anguish	cautious	discontent	envious	grouchy
annoyance	charmed	disenchanted	envy	grumpy
anticipation	cheerful	disgust	equanimity	guarded
antsy	closeness	disillusioned	euphoria	guilt
anxiety	cocky	dislike	exasperation	_____
apologetic	cold	dismay	excited	happiness
appalled	comfortable	distant	exhausted	happy

LIST OF EMOTIONS PT. 2

harried	Lazy	pessimism	scorn	triumphant
hesitant	Like	petrified	self-assured	trust
hollow	loathing	pity	self-congratulatory	twitchy
homesick	loneliness	placid	self-satisfied	_____
hopeless	lonely	pleased	sentimentality	uncomfortable
horrified	longing	pride	serenity	unhappiness
hostility	love	proud	shame	unhappy
humiliation	lulled	pushy	shaken	upset
hurt	lust	_____	shock	uptight
hysteria	_____	quarrelsome	skeptical	_____
_____	mad	queasy	smug	vain
infatuated	merry	querulous	sorrow	vanity
insecurity	misery	quick-witted	sour	venal
insulted	modesty	quiet	sorry	vengeful
interested	mortificatio	quirky	spellbound	vexed
introverted	_____	_____	spite	vigilance
irritation	naughty	rage	startled	vivacious
isolation	neediness	rapture	stingy	_____
_____	neglected	rejection	stoical	wary
jaded	nervous	relief	stressed	watchfulness
jealous	nirvana	relieved	subdued	weariness
jittery	_____	remorse	submission	weary
jolliness	open	repentance	suffering	woe
jolly	optimism	resentment	surprise	wonder
joviality	ornery	resigned	sympathy	worried
joy	outgoing	restless	_____	wrathful
jubilation	outrage	revulsion	tenderness	_____
jumpy	_____	roused	tense	zeal
_____	panic	_____	terror	zest
keen	paralyzed	sad	threatening	
kind	paranoid	sadness	thrill	
kind hearted	passion	sarcastic	timidity	
kindly	Passive	sardonic	torment	
_____	Peaceful	satisfaction	tranquil	
Laid Back	Pensive	scared	trepidation	

PROCESSING THE REACTION

Root Event

Physical Reaction to Event

Emotion at the time of traumatic event

Emotions after and/or in reflection

What I needed in the moment that I didn't get or do:

PRE-THERAPY/COACHING PREPARATION

Appointment Notes

After visit Observations:

Reoccurring triggering events, emotions, and/or negative self Talk that needs processing

BREAK THE WEEK DOWN

On the left side of the journal, document any triggering events, beyond normal activities, etc. Then give the day a rating. This can be used to track triggering events as well as overall mental health.

Monday :

/10

Weekly Words of
Affirmation

Tuesday :

/10

Wednesday :

/10

Thursday :

/10

Friday :

/10

Saturday :

/10

Sunday :

/10

Negative emotions

