Therapy Care
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Putting thoughts on trial

Imagine one of your thoughts is in court. You'll speak for the defence and the prosecution, then be the judge, to see whether the thought stands up.

Defence and prosecution: Write down what backs the thought up, and what counts against it. Only facts you could check are allowed, not guesses, opinions or mind-reading.

Judge: Look at both sides and decide. Is the thought true and fair? Is there another way to make sense of the facts?

The thought

The defence
evidence for the thought

The prosecution
evidence against the thought

The judge's verdict