

Put your thought in the dock

What is the negative thought that is troubling you?



Defence

What evidence suggests that this thought is true?

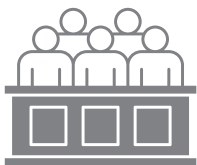
What facts would a defence barrister use to convince the jury that this thought is accurate?



Prosecution

What evidence suggests that this thought is false?

What facts would a prosecution barrister use to discredit this thought?



Jury

The jury's job is to weigh up the evidence for and against the thought
They have to set aside their feelings and make a balanced judgement
based on the evidence presented



Verdict

Given all of the evidence presented what do you think of the original thought now?

What is a balanced and realistic way of looking at the thought now?

Sum up your new way of thinking new thinking

