

## Thoughts on Trial

Sometimes when we are worried, we can have intrusive thoughts which can affect how we feel and how we behave. This can make us believe in the thought and think it to be true when it might just be an opinion caused by how we feel.

Sometimes it's helpful to pick apart that thought and put it on trial, acting like a jury to look at what the facts are.

Use the below to put a stressful thought you've had on trial and see if you can change that thought for the better!



**The trigger and the thought: What were you doing when you had the thought?**

**How did that thought make you feel?**

**Defence of the thought: What are the facts that prove this thought is totally true?**

**Prosecution: What are the facts that go against the unhelpful thought?**

**Verdict: Is this a fact or an opinion made from how you were feeling?**

Once we look at the defence and prosecution of an intrusive thought, we can look to change it. In the box below write down what someone else would say about the situation? What advice would you give to someone else?