

Putting your thoughts on trial

Whether that's being uncertain about decisions and outcomes we're about to make, intrusive thoughts that can't seem to stop, or even plain overthinking, our anxieties and thoughts can sometimes be quite the challenge to deal with.

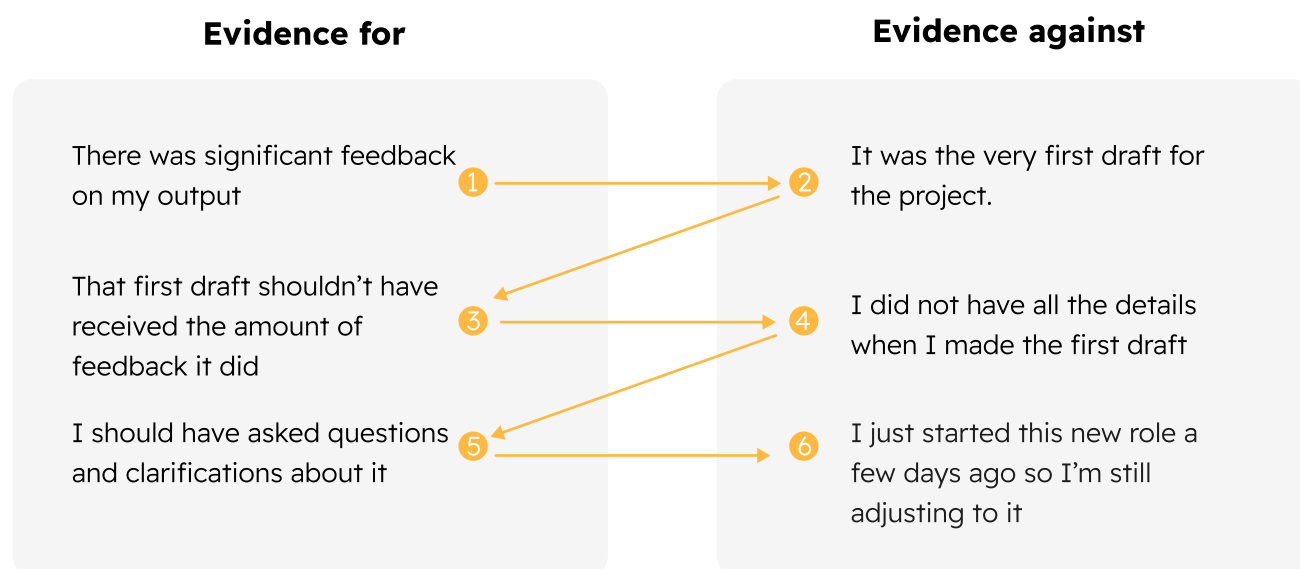
One effective method to challenge and overcome these thought cycles is to put your thoughts on trial. This involves arranging your thoughts into two categories (positive and negative), and volleying them against one another to reach a decisive conclusion.

Example

Think of this exercise like a game of volleyball — both sides pitch the ball against one another in succession until a decisive conclusion is reached.

We've outlined the steps on how to do this activity. First, write down proof behind the thought on trial. Then, write evidence against it. If the evidence against it does not seem justified, you can volley it continuously until you reach a satisfactory conclusion.

For this example, let's use "I don't think I'm actually skilled enough for this new role," as the thought.



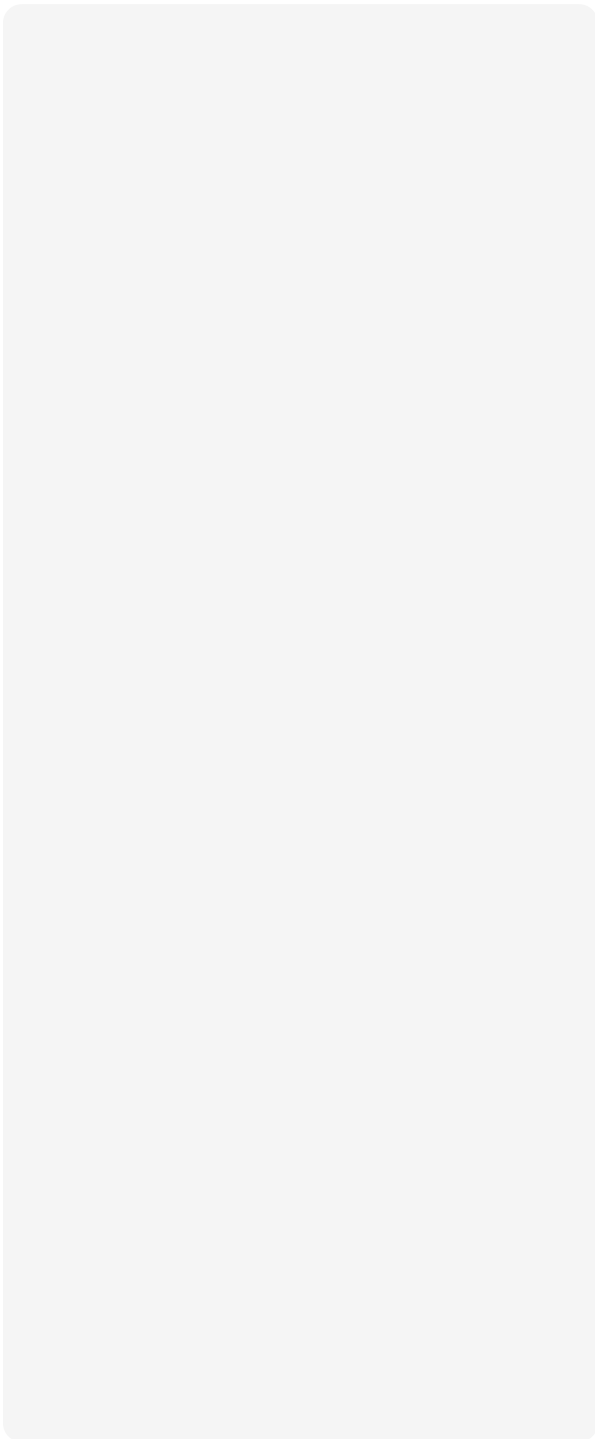
Do this for every piece of evidence that supports your thought.

Feeling ready to go to court? Put your thoughts on trial on the next page.

Putting your thoughts on trial

Instructions: Jot down all the proof supporting your negative thought. Then, for every evidence supporting it, write down proof against these. If there's leftover evidence backing up the competing commitment, volley with another piece of evidence against it.

Evidence for



Evidence against

