THE COURT CASE

Step 1

Write down your thoughts

Write down the thought that's been bothering youthemost,theone that really gets under your skin or brings up difficult feelings.
You're putting it "in the dock" like it's on trial.
We're going to take a closer look at it.
To help you figure out what the thought is, ask yourself:

- What's the worst that could happen?
- If that were true, what would that say about me?

Step 2

Present the evidence

Imagine this is a court case, and your thought is on trial. What real evidence do you have that this thought is true?
Try to stick to facts — not just feelings or assumptions. Think like a lawyer or barrister arguing for the thought. What would they say? Could their argument hold up in court?
To help you reflect, ask yourself:

- What actually supports this thought?
- Is there any real proof?
- Would this evidence convince someone else?

Step 3

The prosecution

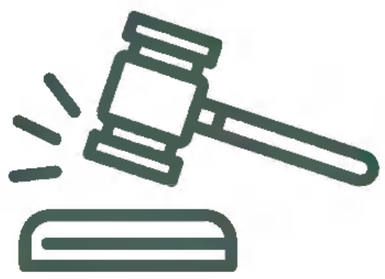
Now let's hear from the other side — the prosecution. If this thought is on trial, what would a barrister or advocate say to challenge it?
Ask yourself:

- What evidence shows this thought isn't totally true, all of the time?
- Is this more of an opinion than a fact?
- What would other people (like witnesses) say about it?
- Are there examples that prove this thought wrong or only partly true?

Focus on real, factual evidence — things that would stand up in court.

Step 4

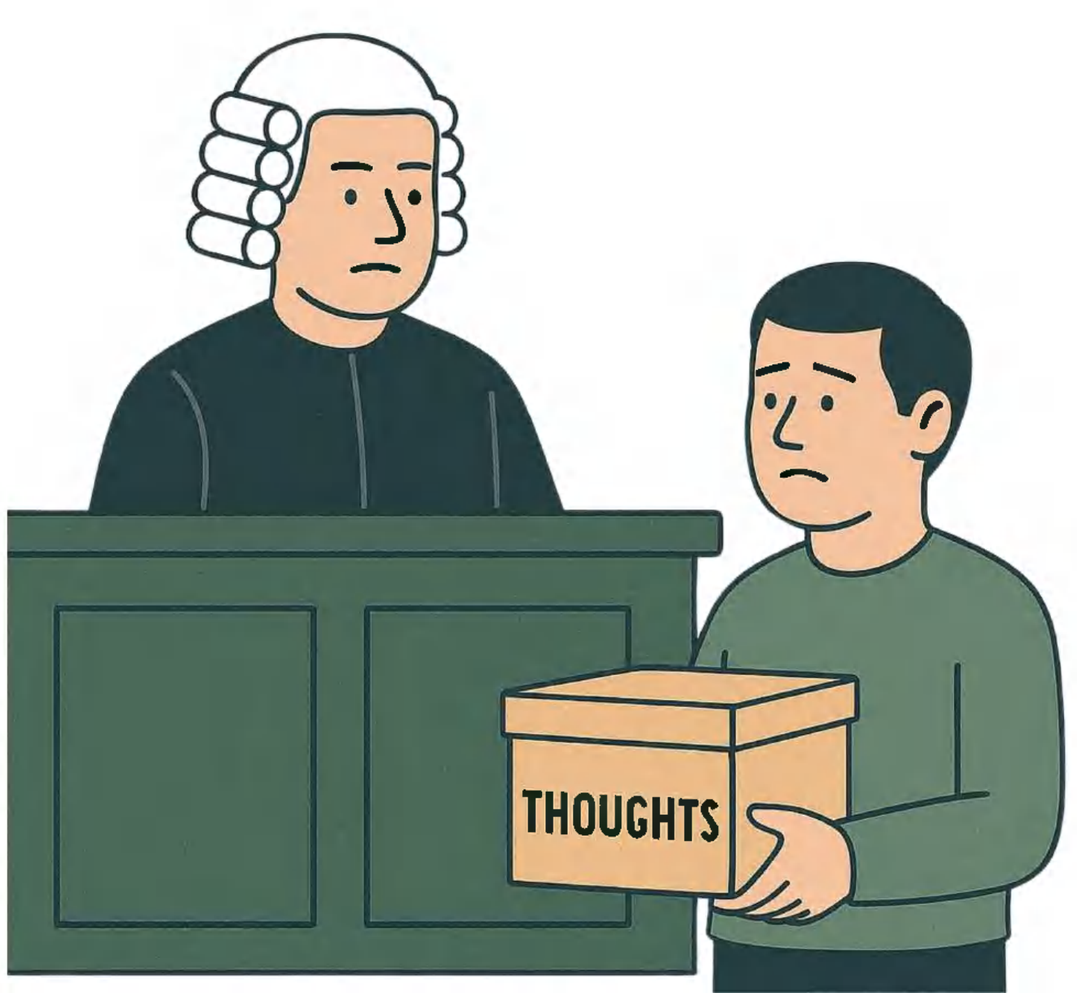
What's the Final Verdict?



Now that you've looked at both sides, it's time to come to your own conclusion.
Based on the evidence you've written down:

- What feels more realistic and balanced?
- How could you rephrase the original thought to make it more fair and truthful?
- What would a closing statement sound like if you were summing it up for a jury?
-

You might start with something like:
"Even though I sometimes feel like... the truth is..."
"It's understandable that I think..., but looking at the facts..."



www.rebeccawilkinsoncounselling.co.uk