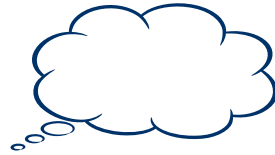


MY THOUGHT RECORD



Situation When, Where, What, How? What you were doing? Who were you with? When did it happen? Where were you?	Emotions & Body Sensations Describe what you felt emotionally and physically. [Rate the intensity of your feelings 0 - 100%]	Thoughts What was going through your mind during this time? [Thoughts, images or memories]

CHALLENGING MY THOUGHTS TAKE THEM TO TRIAL



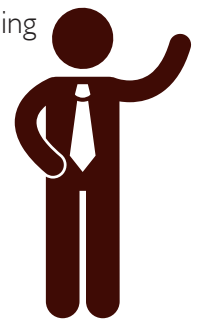
OPENING STATEMENT

What is the negative thought on trial?
Turn images and thoughts into statements



DEFENSE ARGUMENT

What's the evidence that the thought is true?
Don't censor this, write everything that comes to mind.

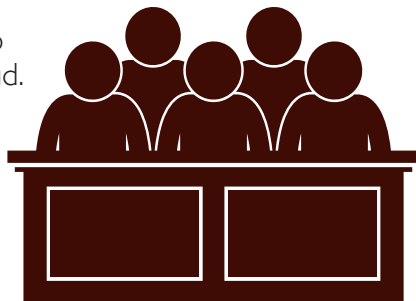


PROSECUTION ARGUMENT

What's the evidence that the thought is false?
What's the evidence that the thought is false? Was there a time when it wasn't true? If so, why?
Are there things you didn't consider?
What would you say to a friend who thought this?

JURY PRESENTATION

Present your case to the jury. Read it aloud.



VERDICT

Given all of the evidence, here is the fairest way to sum up the situation.
You're looking for way to balance both sides. Is the evidence clear and convincing for one side over the other?



REWRITE YOUR THOUGHT

Now reflect on your new thought. How different is it from the original thought?

