

CHALLENGING YOUR THOUGHTS IN COURT

In this exercise you can challenge your thoughts in court by acting as a defense lawyer, prosecutor, and judge to test the accuracy of your thought.

1

Put together your evidence in support of (defense lawyer), and against (the prosecutor) your thought. Remember to try leave out guesses or opinions, try to be as factual as possible.

2

Then at the end you can act as judge about your thought. Is the thought accurate and balanced? Are there other thoughts that might be more factual?

