

Law & Order, Psychology Edition: Fixing Your Thoughts

Have you ever wanted to put someone on trial? What about your irrational thoughts – cognitive distortions – that lead into a pattern of feeling bad about yourself or others?

By putting your thoughts on trial using this worksheet, you can record your cognitive distortions – irrational, automatic thoughts that are causing you harm – and answer them with evidence and facts that refute the distorted thought.

The Crime: Describe the upsetting Event:

The Defense:

What Automatic Thoughts did you have about this Event?

The Prosecution:

Identify the name of the Cognitive Distortion and a rational response – a more realistic thought – that refutes the Automatic Thought.

The Verdict:

Is the rational response more fair – to yourself and others -- and a more mindful way in thinking about the event?

Learn more: psychcentral.com/lib/fixing-cognitive-distortions