

Putting Thoughts on Trial



In this exercise, you will put a thought on trial by acting as a defense attorney, prosecutor, and judge, to determine the accuracy of the thought.

Prosecution and Defense: Gather evidence in support of, and against, your thought. Evidence can only be used if it's a verifiable fact. No interpretations, guesses, or opinions!

Judge: Come to a verdict regarding your thought. Is the thought accurate and fair? Are there other thoughts that could explain the facts?



The Thought



The Defense

evidence for the thought



The Prosecution

evidence against the thought



The Judge's Verdict