



# Putting your negative thoughts 'on trial'

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An effective way of dealing with your negative thoughts is to analyse, challenge them or 'put them on trial'. By doing this we can often realise that our fears are not based on any real evidence, which helps to put them into perspective.

Use this template to put your negative thoughts on trial:

*My thoughts:*

*Evidence 'for':*

*Evidence 'against':*

### **Analysing the evidence**

*Are you focusing on the negatives and ignoring other information? Are you jumping to conclusions without considering all the facts? Are things as bad as you believe them to be? What's the worst that could happen? How likely is it that the worst will happen? Even if the worst did happen, would the outcome really be that bad? What could I do to get through it? Are there any other possible approaches? Is there another way of looking at this? How might someone else approach this situation? Could you be more flexible in your thinking?*

**The verdict:**