

# Beliefs on Trial

Challenge Your Belief Statements using this guide. Here's an example.

Belief Statement: I don't know anything important enough to write about.

Circle one:      FACT

OPINION

Argument for the Defense (of the belief statement): Use examples, scenarios, factual information that would be allowed in a court of law.

1. I could not identify flowers and plants when my granddaughter asked me about them.
2. I don't remember much from biology classes.
3. I don't know what countries border Poland.
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_

Argument for the Prosecution (against the belief statement): Again, use examples, scenarios, factual information that would be allowed in a court of law.

1. I like to read about real people and how they overcame their challenges. I'm a real person with challenges I've overcome.
2. I like to read humorous essays and stories and since I look at the world in a different way from most people, I can write humor.
3. I know a ton about emotions, the cognitive/behavioral connection, counseling, adolescents, education, spiritual seeking, reading, and marriage.

4. I know a good bit about friendship, traveling, writing, dogs, parenting.
5. I know what countries border the US, Italy and know how to find out the ones I don't know.
6. I know about my life.

THE JUDGE RULES:

THIS BELIEF STATEMENT IS 100% TRUE AND JUSTIFIED. (If it makes me feel happy, joyous, able, then I choose to keep it. If it makes me feel sad, unable, inadequate, then I choose to make changes in my life so I can leave this belief behind.)

OR

THIS BELIEF STATEMENT IS A COGNITIVE DISTORTION (IDENTIFY WHICH ONE) THAT CAUSES FEELINGS OF sadness, inadequacy, shame LEADING TO writer's block, avoidance and wasting time with less important activities. AND IS IRRATIONAL.

A TRUER BELIEF STATEMENT WOULD BE: I know how to find out what I don't know about any topic that interests me.

## YOUR TURN

Belief Statement: \_\_\_\_\_

Circle one:      FACT                              OPINION

Argument for the Defense (of the belief statement): Use examples, scenarios, factual information that would be allowed in a court of law.

7. \_\_\_\_\_

8. \_\_\_\_\_

9. \_\_\_\_\_

10. \_\_\_\_\_

11. \_\_\_\_\_

12. \_\_\_\_\_

Argument for the Prosecution (against the belief statement): Again, use examples, scenarios, factual information that would be allowed in a court of law.

7. \_\_\_\_\_

8. \_\_\_\_\_

9. \_\_\_\_\_

10. \_\_\_\_\_

11. \_\_\_\_\_

12. \_\_\_\_\_

THE JUDGE RULES:

THIS BELIEF STATEMENT IS 100% TRUE AND JUSTIFIED. (If it makes me feel happy, joyous, able, then I choose to keep it. If it makes me feel sad, unable, inadequate, then I choose to make changes in my life so I can leave this belief behind.)

OR

THIS BELIEF STATEMENT IS A COGNITIVE DISTORTION (IDENTIFY WHICH ONE) THAT CAUSES FEELINGS OF \_\_\_\_\_ LEADING TO \_\_\_\_\_. AND IS IRRATIONAL. A TRUER BELIEF STATEMENT WOULD BE: \_\_\_\_\_

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