

Worksheet 6.2 - Thoughts on Trial (Sample)

The Thought

I'll act out for just 5 minutes, and then I'll stop for good starting next week. This week is already messed up anyway, since I had a fall on Sunday.

Evidence for the Defense

- It's true that I had a fall on Sunday.
- I've stopped a few years ago for over two months, this means I can stop for the long-term if I work on it.

Evidence for the Prosecution

- I've had this hot thought countless times since I was 15. It's because of this "ANT" (automatic negative thought) that I'm still struggling with P&M *5 years* later!
- When I fell on Sunday I also promised myself that it will be the last time ever... If I give in today, it actually makes it *less* likely that I'll stop for good next week because I'll be increasing my negative momentum.
- For me, "5 minutes" really means 5 minutes and then another 5 minutes... until the night is over. Then I get into a negative cycle which can sometimes last for weeks... who am I fooling?
- "This week is already messed up" makes as much sense as saying "this month is messed up", or "this year is already messed up."

The Psak

- "5 minutes" is the same as is 5 hours, 5 days or 5 years.
- If I'm committed to being clean, I can't act out, period.
- Mistakes I made earlier this week have zero relevance.



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The Thought

Evidence for the Defense

Evidence for the Prosecution

The Psak