

For and Against

Put both sides of one thought on paper and see what is left standing.

WHEN TO USE THIS

Use this on a thought that keeps coming back and keeps winning.

Write the thought you want to test, in one sentence.

Line up what you have got.

WHAT SAYS IT IS TRUE

WHAT SAYS IT IS NOT

Reading both sides, what is a fairer way to say it?

The fairer version is usually less dramatic, and easier to live beside.