

Socratic Questioning

cognitive restructuring technique

Thoughts constantly stream through the mind, and we tend to automatically accept them as true. But if we slow down and reflect, we discover that many lack evidence or distort reality in a negative way.

Instructions: Identify a thought that's negatively impacting how you feel and then answer the questions below. Elaborate on each one, explaining why or why not.

Thought I want to question:

What is the evidence for this thought? Against it?

Am I basing this thought on feelings rather than facts?

Is my thought overly critical?

Could my thought be an exaggeration of what's true?

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How might others interpret the same situation differently?

Is my thought based more on habit or a past experience than what's true now?

Is someone else's opinion overly influencing my own?

Is my thought a likely scenario or just a possibility?

Drawing from your answers, rewrite your thought so it's more accurate and balanced: