

Socratic Questioning

Cognitive-Behavioral Therapy (CBT) helps us learn to evaluate our thoughts and beliefs by gathering evidence, developing alternative explanations, de-catastrophizing, and using other “Socratic questions”. Use the following questions to help you more clearly and realistically analyze your thoughts.

1. What’s the evidence that your thought is true?
2. Is there any evidence on the other side, that your thought might not be true?
3. What's another way of looking at this situation?
4. If the worst happens, how could you cope?
5. What’s the best possible outcome?
6. What’s the most realistic outcome?
7. What is the effect of telling yourself that your thought is true?
8. What could be the effect of changing your thinking about this?
9. What would you tell a friend who was in this same situation and had this thought?
10. What do you think you should do now?