

Socratic Questions

01. Thought to be questioned:

02. What is the evidence for this thought? Against it?

03. Am I basing this thought on facts, or on feelings?

04. Is this thought black and white, when the reality is more complicated?

05. Could I be misinterpreting the evidence? Am I making assumptions?

06. Might other people have different interpretations of this same situation? What are they?

07. Am I looking at all the evidence, or just what supports my thought?

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

09. Am I having this thought out of habit, or do the facts support it?

10. Did someone pass this thought/belief to me? If so, are they a reliable source?

11. Is my thought a likely scenario, or is it the worst-case scenario?