

HANDOUT 9.2
Exploring Questions Worksheet

Date: _____ Client: _____

Below is a list of questions to be used in helping you challenge your Stuck Points. Not all questions will be appropriate for the belief you choose to challenge. Answer as many questions as you can for the belief you have chosen to challenge below.

Stuck Point: _____

1. What is the evidence against this Stuck Point?

2. What information are you not including about your Stuck Point?

3. Does your Stuck Point include all-or-none terms (such as “all,” “never”) or extreme words or phrases (such as “need,” “should,” “must,” “can’t,” and “every time”)?

4. In what way is your Stuck Point overfocused on just one piece of the event?

5. How is the source of information for this Stuck Point questionable?

6. How is your Stuck Point confusing something that is possible with something that is definite?

7. In what ways is your Stuck Point based on feelings, rather than facts?

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