Using Socratic Questioning to Challenge Unhealthy Thoughts

1. Clarification Questions
    a. What do you mean when you say……..?
    b. Can you give me an example?
    c. Can you tell me more about what you mean when you say……?

2. Probing Reasons and Evidence
    a. Why do you think that is true?
    b. How do you know?
    c. What is the evidence for that belief?
    d. Does it always hold true?
    e. What would change your mind?
    f. Are there exceptions to this thought you have?

3. Probing Assumptions
    a. What are you thinking is true?
    b. What are your beliefs that make this thought true to you?
    c. How did you come to believe those thoughts to be true?
    d. What could you believe instead?

4. Looking at Different Viewpoints and Perspectives
    a. When you think that, how do you feel?
    b. What is an alternative thought?
    c. What would your friends tell you?

5. Probing Implications and Consequences
    a. Why is talking about this and asking questions important?
    b. How can you find out if what you believe is true?

6. Questions about Questions
    a. What does that mean?
    b. Why do you think I asked that question?