

Socratic Questions

Socratic questioning is a structured tool designed to help you restructure your negative thoughts into more adaptive and functional ways of thinking. First, begin by identifying the negative thought you want to replace. Then, answer the questions below to help you identify your new, more adaptive response.

What is the situation?

What am I thinking?

How does this thought make me feel? How intense is the feeling on a scale of 1-100%?

What is the evidence for this thought?

What is the evidence against this thought?

Based on the evidence above, what thought would result in the best outcome in this situation?

How do I feel now? Rate the intensity of your feeling from 1-100%.

Bonus: Sometimes our negative thoughts are based on worries about something awful happening in the future. In these instances, here are other questions you might ask yourself:

- When have I been successful in this type of situation before?
- How can I do more of what made me successful in the past?
- What would I do if my negative thought came true?
- Who is usually successful in these situations and what do they do?
- What advice would I give to a friend?
- What values or behaviors can I focus on now to move me toward my desired goal?
- What will it cost me if I don't change my thinking?
- How will I benefit if I do change my thinking?

You can write your answers to any of these questions here:

A large, empty rectangular box with a thin black border, intended for the user to write their answers to the questions listed above.