
NEUROPSYCHIATRIC RESEARCH INSTITUTE

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?