

## Cognitive Restructuring / Socratic Questions

Thoughts are like a running dialogue in your brain. They come and go fast. So fast, in fact, that we rarely have the time to question them. Because our thoughts determine how we feel, and how we act it is important to change any thoughts that causes harm.

**Spend a moment thinking about each of the following questions and record thorough responses. Elaborate and explain “why” or “why not” in your responses.**

**Thought to be questioned:**

**Am I basing this thought on fact, or on feelings? What is the evidence?**

**Could I be misinterpreting the evidence? Am I making any assumptions?**

**Am I looking at all the evidence, or just what supports my thoughts?**

**Am I having this thought out of habit, or do the fact support it?**

**Is my thought a likely scenario, or is it a worst-case scenario?**

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