WORKSHEET 63 · FOR THE PSYCHOLOGIST

Questions that help you think

Questioning a thought without fighting it

AIM

Offer a list of questions (Socratic dialogue) for examining a thought openly and finding a broader perspective.

WHO IT IS FOR

A complement to the thought record; people who "can't" find an alternative thought.

DURATION

10 min

HOW TO RUN IT

1. Present the questions as a way of investigating, not of proving the person wrong.
2. Choose together two or three questions that resonate most with them.
3. Apply them to a recent thought.
4. Encourage them to save the questions on their phone.

POINTS TO WATCH

> Ask the questions with genuine curiosity: a "trick" interrogation reinforces defensiveness. Respect the person's pace.

REFERENCES

Beck, J. S. (2020). Cognitive Behavior Therapy: Basics and Beyond (3rd ed.). Guilford.

Clark, D. A. & Beck, A. T. (2010). Cognitive Therapy of Anxiety Disorders: Science and Practice. Guilford.

PSYCHOLOGIST'S NOTES

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WORKSHEET 63 · WORKSHEET TO HAND OUT

Questions that help you think

When a thought makes you suffer, you can question it like a curious investigator. These questions help you see the situation from other angles.

1. What are the facts? What shows it is true and what shows the opposite?
2. Is there another way of seeing it? What would a friend say?
3. What is the worst, the best and the most likely? Could I cope with the worst?
4. What does thinking this do to me? What would help me more?

My thought	The question that helped me	What I found

My three favourite questions:

These exercises do not replace therapy. If you are in distress or having suicidal thoughts: 112 (European Union), 3114 (France) or the emergency number of the country where you live.

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