

SOCRATIC QUESTIONING THOUGHT CHALLENGE WORKSHEET.



A helpful resource for the Thought Challenge is Socratic questioning, a technique used in Cognitive Behavioural Therapy (CBT). This is a type of critical thinking in which you ask and answer questions to help challenge and reframe certain catastrophizing thoughts.

THOUGHT TO BE QUESTIONED:

WHAT IS THE EVIDENCE FOR THIS THOUGHT? AND AGAINST IT?

AM I BASING THIS THOUGHT ON FACTS, OR ON FEELINGS?

COULD I BE MISINTERPRETING THE EVIDENCE? AM I MAKING ANY ASSUMPTIONS?

DO OTHER PEOPLE HAVE DIFFERENT INTERPRETATIONS OF THE SAME SITUATION? WHAT ARE THEY?

AM I HAVING THIS THOUGHT OUT OF HABIT OR DO THE FACTS SUPPORT IT?

IS MY THOUGHT A LIKELY SCENARIO OR A WORST CASE SCENARIO?

COULD MY THOUGHT BE AN EXAGGERATION OF WHAT'S TRUE?

Remember, although a situation may be outside of our control, we may be able to choose how we perceive it or think about it.



For a **complete list of references** check out the Reference List page at www.engineeringresilience.ca

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