

Socratic Questions

On average we have an estimated 60,000 thoughts per day. The National Science Foundation state that 80% of these thoughts are often negative and 95% of these thoughts are repetitive.

At Evolve, our practice is CBT informed and we believe that our thoughts determine how we feel and how we act. As a result, we believe it to be important that we question and challenge our thoughts.

Take some time thinking about each of the following sentences and write your responses in your journal or using an extra sheet of paper. Feel free to elaborate and justify your answers. This process can be used as a daily cognitive restructuring exercise or as part of journaling regime.

1. **What is the thought you are currently having? Be specific.**
2. **Is there any evidence to suggest this thought might be true? Alternatively, is there any evidence which goes against this thought being true?**
3. **Are your thoughts driven by or based upon facts or feelings?**
4. **Is there any possibility that you may be misinterpreting the evidence or potentially making any assumptions?**
5. **What would other people say or think about the same situation? Would they have different interpretations? If so, what would they be?**
6. **Am I exploring all of the evidence? Or am I only considering the “evidence” which supports my thought?**
7. **Could the thought (or thoughts) I am having be an exaggeration of what is actually true?**
8. **Are there solid facts to support this thought or could this thought potentially be occurring out of habit?**
9. **Is this thought likely? Unlikely? Or, potentially a worst-case scenario?**