

Socratic Questions Worksheet

reflective

Socrates stated *"I know you won't believe me, but the highest form of human excellence is to question oneself and others."* We often accept and believe our initial thoughts about a circumstance without questioning them. This is akin to turning in a rough draft in English class as your final paper without making any edits or revisions. Questioning is a skill that we can hone over time. More to that point, by questioning our thoughts, we can impact the way our thoughts make us feel and how we behave. By answering the following open ended questions, we can unpack how we think and begin to revise our thinking patterns.

Name	Date
Thought: What is the thought causing you distress?	
What is the evidence countering the thought? Please attempt to argue against your thought even if it feels true.	
What assumptions are baked into your original thought?	
Are you conflating (combining) thoughts with feelings? If so, how?	
What is another possible interpretation of the circumstance that led to your thought?	
What biases might you hold to support your thought which are not necessarily accurate?	
What negative judgments have you made that caused you to have your thought?	
If someone you care about had this same thought, what might you say to challenge them?	

[Assign Socratic Questions in the Reflective app](#)