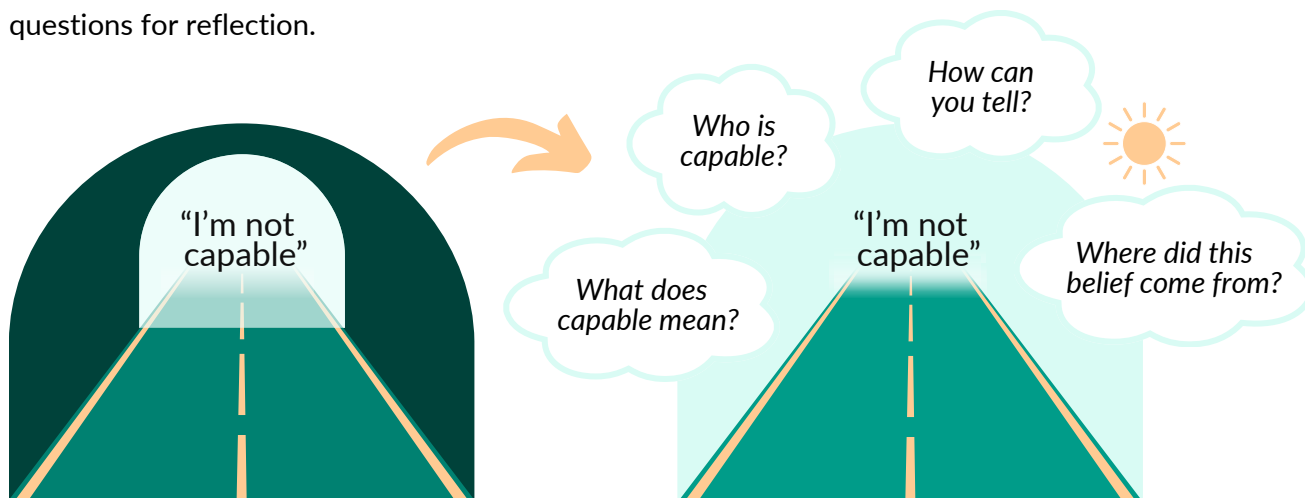


Socratic Questioning

Negative thoughts can feel like tunnel vision. It's like we can only see things in one way - there are no other options in our view. Socratic Questioning is a technique from Cognitive Behavioral Therapy (CBT) that helps us get out of the "tunnel" and look at things from new perspectives using logical questions for reflection.



Not every single Socratic Question is necessary (or even applicable) for every thought. Take a look at the list below for a variety of Socratic Questions you might try:

- How can you tell your thought is true?
- Is it partially true, or completely true?
- Is your thought based on facts, or feelings and opinions?*
- What is the evidence supporting your thought? What is the evidence refuting your thought?*
- What does the most important part of your thought mean?
- Is there another perspective you can take?
- What is your thought *not* taking into account?
- Where did your thought come from? Is it a trustworthy source?
- What would happen if you believed your thought was true forever?
- What would happen if you believed something else?
- Would this thought ever be true about someone you love?
- What would you tell a loved one who had this thought?
- If your thought really is true, can you accept it?
- If your thought really is true, what can you do about it?
- If your thought really is true, what's the best that can happen? The worst?

**To learn more about these questions, check out our [Facts vs. Opinions](#) and [Thoughts on Trial](#) worksheets.

**This worksheet provides information but is not a substitute for therapy. It works best with guidance from a professional.*



Socratic Questioning

In the world of Socratic Questioning, the goal is to determine whether your thought is *logically sound* and *supported by evidence*. The questions are designed to help you figure that out. Write out a thought you would like to test below, and answer the relevant questions here. We've provided an example on these pages and the next pages are blank.

Thought you would like to test:

I'm not capable

How can you tell your thought is true?

I failed my most recent exam

Is it partially true, or completely true?

I guess only partially? There are other exams that I was able to pass

Is your thought based on facts, or feelings and opinions?

What is the evidence supporting your thought? What is the evidence refuting your thought?

Supporting: I failed. Refuting: I passed the other ones for this class

What does the most important part of your thought mean?

Right now I feel that "capable" means passing every exam with flying colors, but maybe it doesn't

Is there another perspective you can take?

What is your thought *not* taking into account?

I've been getting decent grades since starting college, and my coworkers trust me to do my job

Where did your thought come from? Is it a trustworthy source?

I feel a lot worse about myself when I'm getting depressed - depression is not a trustworthy source

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Socratic Questioning

What would happen if you believed your thought was true forever?

I guess I would quit school? I would be a lot less confident than I usually am

What would happen if you believed something else?

Would this thought ever be true about someone you love?

I don't think any of my loved ones are truly, 100% incapable

What would you tell a loved one who had this thought?

This is just a setback. Failure is how you learn.

If your thought really is true, can you accept it?

If your thought really is true, what can you do about it?

If your thought really is true, what's the best that can happen? The worst?

Is your thought logically sound? Based on evidence?

It's not logically sound - one failure doesn't mean I'm entirely incapable

What conclusion can you draw instead that is more helpful or more true?

I have some work to do to bring my grade back up, but I'm still capable

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Thought you would like to test:

How can you tell your thought is true?

Is it partially true, or completely true?

Is your thought based on facts, or feelings and opinions?

What is the evidence supporting your thought? What is the evidence refuting your thought?

What does the most important part of your thought mean?

Is there another perspective you can take?

What is your thought *not* taking into account?

Where did your thought come from? Is it a trustworthy source?

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Socratic Questioning

What would happen if you believed your thought was true forever?

What would happen if you believed something else?

Would this thought ever be true about someone you love?

What would you tell a loved one who had this thought?

If your thought really is true, can you accept it?

If your thought really is true, what can you do about it?

If your thought really is true, what's the best that can happen? The worst?

Is your thought logically sound? Based on evidence?

What conclusion can you draw instead that is more helpful or more true?

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Additional Resources to Support Your Mental Health Journey

It can be hard to know where to begin looking for support in your mental health journey. Getting a referral from a primary care physician is a reliable first step. Also, sometimes family and friends have experienced similar issues and have professionals they would recommend. The experts at ChoosingTherapy.com are here to help as well, with resources we have reviewed and recommend. Our [strict editorial standards](#) ensure our reviews are fair, honest, thorough, and based on firsthand experience.

You Can Trust ChoosingTherapy.com



325+
Companies Reviewed



3,625+
Hours of Firsthand Experience



1,545+
Data Points Analyzed



[Best Online Therapy](#)

Online therapy is a convenient way to connect with a licensed therapist to address mental health issues, reduce unhealthy behaviors, develop effective coping skills, and get more satisfaction out of life. Many companies accept insurance and most have next-day appointments available.

[Best Online Psychiatry](#)

Online psychiatry providers enable patients to consult with licensed psychiatrists and other mental health professionals. They can evaluate, diagnose, and prescribe medication to help manage mental health issues. Many companies accept insurance and most have next-day appointments available.



[Best Mental Health Apps](#)

Apps can be great way to monitor mood, track sleep, journal, and practice healthy coping skills like mindfulness and meditation. There are apps specifically designed to help people reduce the symptoms of depression, anxiety, ADHD, chronic stress, and burnout.

[Therapist Directory](#)

When you're looking for a mental health provider with a very particular skill set, level of experience, or personality type, a therapist directory can be very helpful. Using the filters, you can refine your search until you find a therapist who feels like a perfect fit.





Tools for Self-Assessment and Psychoeducation

Figuring out the next step in your mental health journey can be overwhelming. Developed by psychologists, the tools at [ChoosingTherapy.com](https://www.ChoosingTherapy.com) can help. Our mental health self-assessment quizzes can help you explore common symptoms of mental health concerns, as well as find the best therapy style for you. Our mental health worksheets can guide you through therapy concepts and how to use them in your life.

[Learn More with Mental Health Quizzes](#)

Our collection of psychologist-developed mental health quizzes can help you learn if you are experiencing mild, moderate, or concerning levels of anxiety, depression, stress, burnout, and more. Each quiz also provides targeted resources based on your answers. These self-assessments are designed to offer insight, not diagnoses, and can be a helpful first step in recognizing symptoms and deciding whether to seek further support. If you have concerns about your mental health or your quiz results, we recommend you reach out to a licensed mental health professional.



[Free Mental Health Worksheets](#)

Search our collection of therapy worksheets by mental health topic, therapy modality, or demographic group. Our free, psychologist-developed worksheets make therapy exercises understandable and relevant to daily life. Find worksheets for help with ADHD, anxiety, depression, relationship difficulties, and other common mental health challenges.