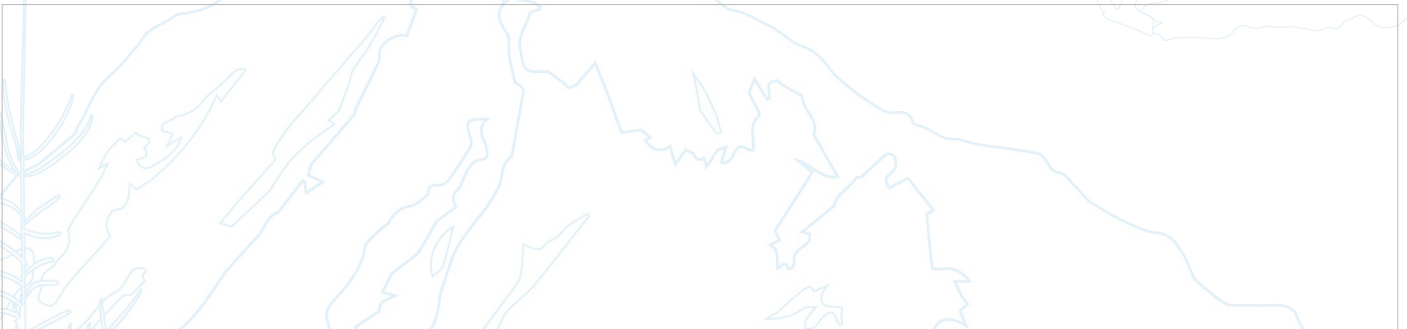


SOCRATIC QUESTIONS

1. What is the evidence for this thought? Against it?



2. Am I basing this thought on facts, or on feelings?



3. Is this thought black and white, when reality is more complicated?



4. Could I be misinterpreting the evidence? Am I making any assumptions?



5. Might other people have different interpretations of the same situation? What are they?

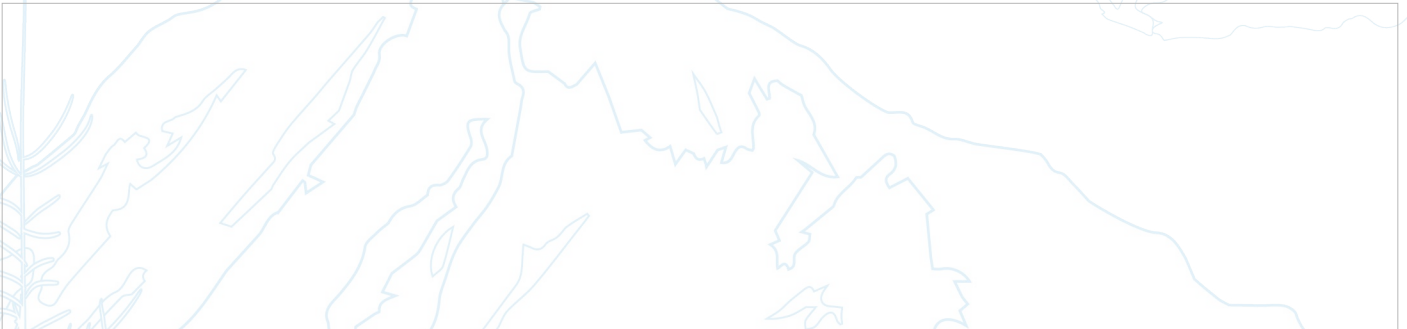


SOCRATIC QUESTIONS

6. Am I looking at all the evidence, or just what supports my thought?



7. Could my thought be an exaggeration of what's true?



8. Am I having this thought out of habit, or do the facts support it?



9. Did someone pass this thought/belief to me? If so, are they a reliable source?



10. Is my thought a likely scenario, or is it the worst case scenario?

