

## Socratic Questioning Cognitive Restructuring Worksheet

### Instructions for Coaches

Socratic questioning is a guided discovery process that helps clients challenge their negative or unhelpful thoughts. Use the following steps to facilitate the process:

1. **Prepare the Environment:** Create a safe, non-judgmental space where clients feel comfortable exploring their thoughts.
  2. **Use Open-Ended Questions:** Ask questions that encourage deep reflection and prevent yes/no answers.
  3. **Stay Neutral:** Avoid leading the client to a specific conclusion. Allow them to arrive at their own insights.
  4. **Encourage Reflection:** Give clients time to think and process their responses.
  5. **Follow Up:** Check in to ensure clients understand the process and feel comfortable with their reframed thoughts.
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## Socratic Questioning Worksheet

### Step 1: Identify the Thought

Write down the distressing thought or belief you want to explore.

**Thought:**

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### Step 2: Explore the Origins of the Thought

1. Where did this thought come from?
2. Have you always believed this, or did something specific lead to it?
3. Is this thought influenced by past experiences, societal norms, or external pressures?

**Origins:**

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### Step 3: Analyze the Thought

#### A. Evidence Supporting the Thought

- What makes this thought seem true?

#### B. Evidence Against the Thought

- What facts or experiences contradict this thought?
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#### **Step 4: Challenge the Thought**

Answer the following questions to evaluate the thought:

1. Is this thought based on facts or assumptions?
2. How would I view this situation if I were an outsider?
3. What is the worst-case scenario? How likely is it?
4. Could there be another way to look at this?
5. What would I say to a friend who had this thought?

**Insights:**

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#### **Step 5: Reframe the Thought**

Using your insights, create a balanced and realistic thought.

**Reframed Thought:**

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#### **Step 6: Emotional Impact**

Reflect on how the original thought made you feel and compare it to the reframed thought.

- Original emotional intensity (0-10):
- New emotional intensity (0-10):

**Emotional Reflection:**

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#### **Step 7: Action Plan**

1. What steps can you take to reinforce this new thought?
2. How will you remind yourself of this reframed perspective in the future?

**Actionable Steps:**