

SOCRATIC QUESTIONS

Thoughts are like a running dialogue in your brain. They come and go fast. So fast, in fact, that we rarely have the time to question them. Because our thoughts determine how we feel, and how we act, it's important to challenge any thoughts that cause us harm.

Take a sec to ponder these questions and spill your guts when answering. Dive deep and spill the tea on your thoughts, explaining the "whys" and "why nots" along the way.

Got any brainstorming sessions brewing in that noggin of yours?

Any proof to back up this idea? Or maybe some evidence to challenge it?

Are my ideas rooted in facts or just a sprinkle of feelings?

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

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

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Might other people have different interpretations of this same situation?
What are they?

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

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

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

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

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