

Worksheet: 10 Socratic Questions to Challenge Negative Thinking

Negative thoughts can feel automatic and convincing, but that doesn't mean they're true. Use these questions to step back, test your thinking, and find more balanced perspectives.

Step 1: Write Down the Negative Thought

👉 Example: "I'll never succeed at this."

Step 2: Ask Yourself These Questions

1. What evidence do I have that this thought is true?
2. What evidence do I have that this thought is not true?
3. Am I confusing a possibility with a certainty?
4. Am I using extreme words like 'always,' 'never,' or 'everyone'?
5. What would I say to a friend if they had this thought?
6. Am I focusing only on the negatives and ignoring the positives?
7. Is this thought based on facts, or on my feelings in the moment?
8. What's the bigger picture—will this matter a week, a month, or a year from now?
9. Can I think of another way to view this situation?
10. What's a more balanced or realistic statement I could replace this thought with?

Step 3: Reframe the Thought

👉 Example: "I may struggle sometimes, but I've succeeded before and can keep improving."

✨ Tip: Practice regularly. The more you use these questions, the easier it becomes to challenge negative thinking on your own.