Socratic Question Types

Clarify. Probe assumptions and evidence. Other viewpoints.
Implications. Questions about the question.

Name: _____ **Date:** _____

1. Clarify

What do you mean? Give a recent example.

2. Assumptions

What are you assuming? What else could be true?

3. Evidence

What supports this? What does not fit?

4. Viewpoints

How would a caring friend see this?

5. Implications

If 100% true, what follows? If partly true?

6. The question

Why this question today? How will you know it helped?

7. Summarize

Reflect what was discovered in the client's words.

8. Synthesize

What conclusion fits? Optional tiny experiment.

Tip: guided discovery, not grilling. Ask questions the client can answer. Summarize before you synthesize.

Safety: if unsafe thoughts appear, stop and get help. US: 988 · HOME to 741741 · 911

Not a debate to win. A practice tool for CBT style Socratic work.

Original layout by Lotus & Tulip, based on CBT Socratic questioning / guided discovery. A practice tool, not therapy.

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My Socratic Questioning Worksheet

Hot thought. Clarify. Evidence. Other viewpoints. Summary. New conclusion or experiment.

Name: _____ **Date:** _____

Hot thought or belief (client's words):

_____

_____

Clarify: recent example / what I mean:

_____

_____

Evidence FOR this thought:

_____

Evidence that does NOT fit:

_____

_____

Other viewpoint (friend / future self):

_____

Summary of what I discovered:

_____

New conclusion or tiny experiment (when / where):

_____

_____

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Socratic Questioning Practice Log

Seven days of hot thoughts, curious questions, and tiny next steps.

Name: _____ **Date:** _____

Day / date	Hot thought	Clarify / evidence	New idea	After
1.				
2.				
3.				
4.				
5.				
6.				
7.				

Teen mini card (cut out and keep)

Hot thought: _____ What do I mean? One example:

Evidence that does not fit: _____

What would I tell a friend? One tiny next step before tomorrow ends.

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