

Exploring Questions Worksheet

Below is a list of questions to be used in helping you explore your stuck points. Not all questions will be appropriate for the belief/stuck point you choose to examine. Answer as many questions as you can for the belief/stuck point you have chosen to explore below.

Belief/stuck point: _____

1. What is the evidence against this stuck point?
2. What information are you not including about your stuck point?
3. How does your stuck point include all-or-none terms (such as “all,” “never”) or extreme statements (such as “need,” “should,” “must,” “can’t,” and “every time”)?
4. In what way is your stuck point overfocused on just one piece of the event?
5. How is the source of information for this stuck point questionable?
6. How is your stuck point confusing something that is possible with something that is unlikely?
7. In what ways is your stuck point based on feelings rather than facts?