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?

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