

## Socratic Questioning

When you recognize that you're feeling distressed or doing something unhelpful, ask yourself:

### ***What was just going through my mind?***

Then ask yourself:

1. What's the evidence that your thought is true, that people will be critical of you? Is there any evidence on the other side, that people might not be critical?
2. Is there another way of looking at this situation?
3. If people are critical, how could you cope with that? But people being critical is only one outcome, in fact, it's the worst one. What's the best possible outcome of posting on the Forum? What's the most realistic outcome?
4. What is the effect of telling yourself that people are likely to be critical? What could be the effect of changing your thinking?
5. What would you tell your friend [think of a specific person] if he or she were in this same situation and had this thought? How might that apply to you?
6. What should you do now?