



Socratic Questioning for Coaching & Hypnotherapy Sessions

(Reference Sheet for In-Session Use)

Intro Script (Pretalk):

"Often the beliefs that shape our emotions and behaviors go unquestioned. Together, we'll slow down and gently examine some of these thoughts using a method called Socratic questioning. It's not about arguing with yourself—it's about getting curious, exploring, and opening the mind to new possibilities. These questions help you step outside your assumptions and see your situation from a broader, more empowering angle."

Categories of Socratic Questions

(Use to challenge cognitive distortions, clarify beliefs, and expand internal maps)

1. Clarification Questions

- What do you mean by that?
- Can you explain that further?
- What does that look like in your life?
- What would be an example of that?

2. Probing Assumptions

- What are you assuming here?
- Is that always the case?
- What could happen if that assumption isn't true?
- How did you come to believe this?

3. Evidence & Reasoning

- What evidence supports this thought?
- What evidence goes against it?
- Is there a time when this belief didn't hold true?
- Could there be another explanation?

4. Alternative Perspectives

- How would someone else view this situation?
- What advice would you give a friend in the same position?

- What might you think about this in a year?
- What would your wiser self say?

5. Consequences of Beliefs

- What's the effect of thinking this way?
- How does this belief make you feel or act?
- What might be the long-term consequences?
- Is this belief helping or hurting you?

6. Challenging Absolutes & Extremes

- Always? Never? Every time?
- What's the exception to this rule?
- Can you think of a grey area between the extremes?

7. Exploring Meaning & Values

- Why is this important to you?
- What does this say about what you believe in?
- What value of yours might be behind this feeling?

8. Opening New Possibilities

- What might be a more helpful belief?
- What would change if you thought differently about this?
- What's another way to look at this?
- What could you believe instead that still feels true?