

Challenging questions worksheet pdf

Some of the most commonly asked questions are as follow:

- Questions for Clarification
- Questions that probe assumptions
- Questions that Probe reasons & Evidence
- Questions about viewpoints & Perspectives
- Implications & Consequences
- Questions about the questions

Thought to be questioned

What's the evidence to believe this thought

Is it a fact or just an assumption?

Is it possible that I am just blowing it out of proportion?

Should I try to see the situation from another perspective?

Am I creating this all in my head and the reality isn't that bad after all

What is the evidence for AND against this thought?

| FOR: | AGAINST: |
|-------------|-----------------|
| | |

Is your source authentic?

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