

HANDOUT 7.2B

**Sample Challenging Questions Worksheet**

Date: \_\_\_\_\_ Client: \_\_\_\_\_

Below is a list of questions to be used in helping you challenge your Stuck Points or problematic beliefs. Not all questions will be appropriate for the belief you choose to challenge. Answer as many questions as you can for the belief you have chosen to challenge below.

**Belief:**

*It is my fault that my brother was killed in the car accident, because I should have done things differently.*

1. What is the evidence for and against this Stuck Point?

**For:**

*I should have made him wear his seat belt. He refused, and I thought it was only a few blocks so it didn't really matter. We were laughing and talking.*

**Against:**

*I didn't cause the crash. The other person was texting and ran the red light. The officer said that even with a seat belt, being hit from the side like that, my brother would have been killed anyway.*

2. Is your Stuck Point a habit or based on facts?

*Habit. I have been blaming myself for 2 years. I guess it was wishful thinking.*

3. In what ways is your Stuck Point not including all of the information?

*When the light turned green, I did look both ways before I entered the intersection. He was coming so fast that there was nowhere for me to go.*

4. Does your Stuck Point include all-or-none terms?

*I thought it was all my fault because my brother died, and I didn't even think about the driver of the other car. I kept saying I should have done something different to avoid the crash.*

5. Does the Stuck Point include words or phrases that are extreme or exaggerated (such as "always," "forever," "never," "need," "should," "must," "can't," and "every time")?

*"All my fault." "Should have done things differently."*

6. In what way is your Stuck Point focused on just one piece of the story?

*I was focused on the fact that my brother refused to put on his seat belt, and I didn't really listen when the officer said that with that kind of side crash, it wouldn't have made a difference. I was also focused on the fact that we were talking and laughing, but I overlooked the fact that I did look both ways.*

*(continued)*