

HANDOUT 7.3
Guide for the 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: *Put a Stuck Point here. You can use your Stuck Point Log to find one.*

*The belief should **not** be a feeling or behavior, and should **not** be too vague. Use “If–then” statements if possible.*

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

*Evidence consists of the type of facts that will hold up in court. We are not challenging that the event happened. We are looking for evidence that **supports** and does **not support** the Stuck Point you have given above.*

For: *Do **not** use another Stuck Point! Make sure you are identifying facts.*

Against: *Only **one** exception is needed to make a belief **not** a fact. A fact is 100% and absolute. If you can identify one exception to your Stuck Point, then it is not a fact, and therefore would not hold up in court.*

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

*Have you been telling yourself this belief for so long that it **feels** like a fact? It’s like advertising: After a while, you start to believe it. Is this belief something that you have been in the habit of telling yourself for a long time?*

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

*Is it **possible** that your Stuck Point is unrealistic or not **completely** accurate or not **completely** true? Does your belief reflect all the facts of the situation? Remember the context of the trauma.*

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

Does your Stuck Point reflect all-or-none, black-and-white categories? Are things all good or all bad? Are you missing the gray areas in between? Example: If your performance falls short of perfect, you see yourself as a failure.

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”)?

These words or phrases may be hidden. Example: “Men can’t be trusted” is actually “All men can’t be trusted.”

(continued)