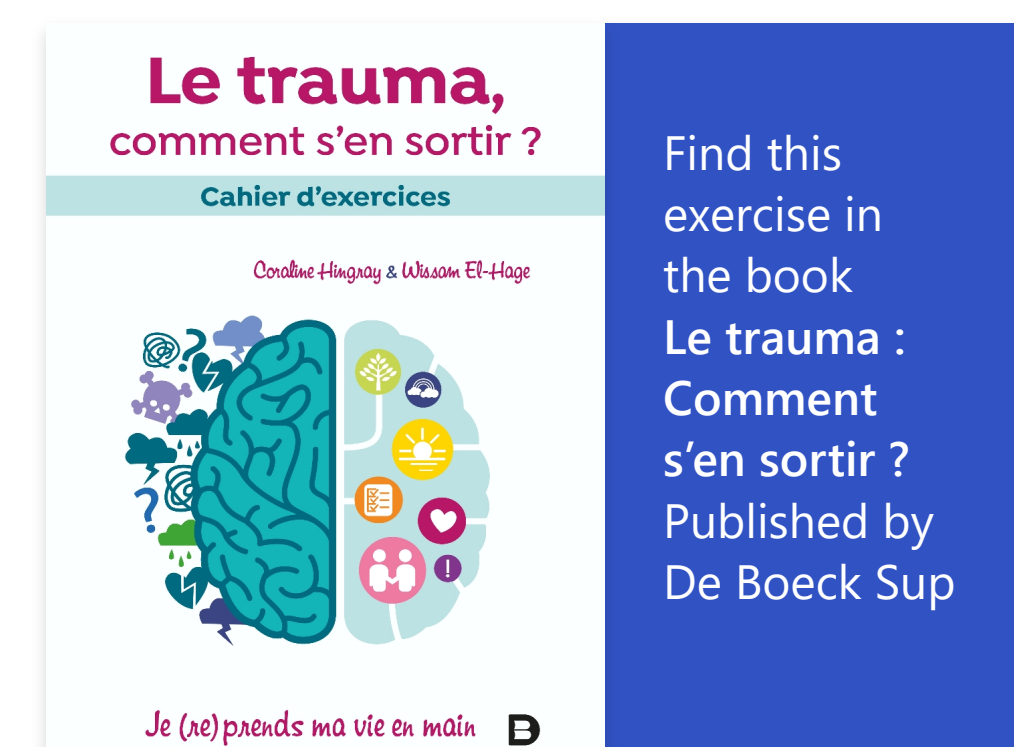


Practical information

TAKING A STEP BACK: QUESTIONING YOUR THOUGHTS



TRUE OR FALSE

"You can't not think. If someone tells me not to think about a polar bear, I immediately imagine a polar bear!"

True! What we are suggesting here is not forbidding yourself to think, but allowing yourself to critique your thoughts.

"You have to trust your instincts, if I think it's dangerous, then it is."

False, your instinct and your brain can play tricks on you, especially if you've been through a trauma.



A REAL-LIFE EXPERIENCE

“

"I find it very difficult to distance myself from my thoughts, I'm in a kind of fog, it seems impossible to question my thoughts."

"Since I've begun to consider my brain to be a thought-creation company that sends me sales people who are very skilled in sales techniques to get me to buy into their ideas, it has really helped me to be more critical."

”



SOME SCIENCE

Socrates is a philosopher who is known for his dialogue.

He is responsible for the famous phrase: "I know that I know nothing."

He taught for free, or to be more precise, he questioned his interlocutors, his disciples. In Socratic questioning, the aim is to observe ideas so we can then examine their logic. Is it a good or at least useful tool?

Asking questions is a good way to get people to think about a topic and to reveal contradictions: this helps to synthesise a thought, evaluate existing ideas and, above all, create new ones. Several types of psychotherapy are based on Socratic questioning to lead the subject to test, question and verify the validity and usefulness of their thoughts.