



Question the Story

A gentle Socratic reflection

When a thought feels certain, questions can make room around it. You do not have to argue with yourself or force a positive answer. Look for a version that is honest, balanced and kind enough to be useful.

The thought I am carrying

What facts support it? What facts do not?

Am I treating a possibility as a certainty?

Could habit or an old experience be shaping this?

How might someone else understand the same moment?

What is a more accurate and balanced thought?
