



Toolkit 1 - Learning Unit 11 Post-Intervention

Activity 2

Do you know how to change your thinking?



Training

One of the possibilities is Socratic questions.

CONCEPTUAL CLARIFICATION QUESTIONS

Prove the concepts behind your argument.

- *Why are you saying that?*
- *What exactly does this mean?*
- *What we already know about this?*

PROBING ASSUMPTIONS

Probing your assumptions make you think about the presuppositions and unquestioned beliefs on which you are founding their argument.

- *What else could we assume?*
- *How did you choose those assumptions?*
- *How can you verify or disprove that assumption?*

PROBING RATIONALE, REASONS AND EVIDENCE

When you give a rationale for your argument, dig into that reasoning rather than assuming it is a given.

- *Why is that happening?*
- *How do you know this?*
- *Can you give me an example of that?*
- *Are these reasons good enough?*
- *How might it be refuted?*
- *What evidence is there to support what you are saying?*

QUESTIONING VIEWPOINTS AND PERSPECTIVES

Most arguments are given from a particular position. So attack the position. Show that there are other, equally valid, viewpoints.





**Psychological
Early
Intervention**

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- *What alternative ways of looking at this are there? How could you look another way at this?*
- *Why is it better than ...?*
- *What is the difference between... and...?*
- *How are ... and ... similar?*
- *What if you compared ... and ... ?*

PROBE IMPLICATIONS AND CONSEQUENCES

The argument that they give may have logical implications that can be forecast. Do these make sense? Are they desirable?

- *Then what would happen?*
- *What are the consequences of that assumption?*
- *How does ... affect ... ?*
- *Why is ... important?*

Resource: changingminds.org



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