



ASKING DISPUTING QUESTIONS



SMART
Family & Friends

Below are some examples of common beliefs. In the space below, challenge these beliefs using **disputing questions**. Are these beliefs rational? If not, what new effective belief might you want to substitute?

Disputations (questions) fall into three main categories:

- Evidential – questions about the objective reality of the belief.
- Logical – questions about how the belief fits with logical reasoning.
- Pragmatic – questions about the helpfulness of the belief, in reaching your desired outcome.

As a parent, I am 100% responsible for the way my children turn out.

If my Loved One really loved/respected me she wouldn't use drugs.

If I don't keep pointing out how bad for him his drug use is, he'll never stop.

