

Reappraisal Questions

Reinterpret Emotional Stimulus

Direct Questions

- How could you be thinking about this/that (situation) differently?
- What else could this/that situation mean? (that would be more helpful)
- What's a different perspective, that would change how you feel (about this/that situation)?

Imagination Questions

- What's it like when... (you see situations differently)?
- What's it like when... (you see situations like this a different way)?
- What would it be like if... (you saw this/that situation in a different light)?

Time-Travel Questions

- What experiences have you had like this... (that meant something else other than what you're feeling)?
- a Month from now, looking back at this/that situation, how would you like to have experienced it instead?

Identity

- Aren't you the kind of person that... (can see this situation a different way)?

Action

- What would have to happen... (for you to view this differently)?

State

- Aren't you amazed/curious/astonished at... (how we/our mind/brain is able to change the meaning of things/situation)?

Reality

- Isn't it true that... (this situation could mean something else)?