

Examples of Socratic questions

Clarification questions

Question	When to use
What do we already know about this? What does this mean? How does this relate to what we have been talking about? Are you saying ... or ...? Can you say that another way please? What do you think is the main issue? Can you give us an example? Can you tell us a bit more about that?	In the introduction to a session to find out what participants already know. At points during the session when you may be unclear if a participant has understood your explanation. To focus an individual on one part of their BG diary in the individual dose adjustment sessions.

Probing assumptions

Question	When to use
What would happen if ...? What else might we think? What else could be having an effect? You seem to be thinking ...? How did you reach that conclusion? How can you prove/disprove that? What is another way to look at it? What does the group think?	When previous experiences are clouding the issue (such as, which CPs to count, how many units to take for a correction dose, which insulin to change QA vs. BI). When there is resistance based on previous experience, for example, 'If I do X, then Y always happens'.

Examples of Socratic questions

Probing reasons and evidence

Question	When to use
Why is that happening? Can you give me an example of that? What do you think causes ...? What could you do to check that? What other information do we need? Is there reason to doubt that? What does the group think?	In individual dose adjustment sessions when trying to establish the reasons behind BG results. When confirming the evidence behind a statement.

Questioning viewpoints and perspectives

Question	When to use
Another way of looking at this is ... does this seem reasonable? What alternative ways of looking at this are there? What is the difference between ... and ...? Have you always felt this way? Has your viewpoint been influenced by something or someone? What caused you to feel that way? How are ... and ...'s ideas alike? Different? What might someone who believed ... think? What does the group think?	When the next step may not be clear, for example, does the BG pattern indicate a QA or BI change? Attitudes to hypos and hypo treatments. Management of exercise, eating out, alcohol, illness.

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Probing implications and consequences

Question	When to use
Then what would happen? What are the consequences of ...? How could... be used to ...? How does ... affect...? How does ... fit with what we learned before? Why is ... important? If that happened, what else would happen as a result? Why? Could that really happen or probably happen? What does the group think?	Working through the stepwise approach, highlighting when insulin adjustments are appropriate or when it may be advisable to wait for more information. Use of appropriate hypo treatments (for example, consequences of over-treating a hypo). Use of appropriate correction doses (for example, when a participant has a history of using large doses of QA to correct BG).

Questioning the question

Question	When to use
Why do you think I asked that question? Am I making sense? Why not? What else might I ask? What does that mean? How does ... apply to everyday life? How does that link to your action plan / goal? What does the group think?	Summing up Checking comprehension at the end of a session or a discussion.