



Challenging an Idea

What is the idea you want to challenge?

Ask a question about this idea that begins with "Why..." Then answer your question.

Why: _____

Answer: _____

Now question your answer. Again, begin your question with "Why..." and answer your question.

Why: _____

Answer: _____

Repeat this process as many times as you need to until you feel you have reached some insight into what your problem with the idea really is.