ABSTRACT
The aim of the extended investigation is to probe the mind for specific situations or issues that may help unravel the patient’s problem. The tool used is the mnemonic of CAR-ACE (clarifications, assumptions, reasons, alternatives, consequences, and relational experiencing). This disciplined inquiry brings information about feelings and thinking into the open, relating to the situation at hand. This is often used in problem work when troublesome situations are identified. It is used to uncover the Negative Automatic Thoughts arising from cognitive distortions that triggered the emotions. It is also used in pattern work to investigate the salient situations linked by themes into stories. The themes and stories can then be investigated for consistency and context.

KEYWORDS: CAR-ACE; Clarifications; Assumptions; Reasons; Alternatives; Consequences; Relational Experiencing.

INTRODUCTION
The doctor may wish to investigate specific psychosocial issues identified. One way is to use the Socratic inquiry tool that can be remembered by the mnemonic CAR-ACE (clarifications, assumptions, reasons, alternatives, consequences and relational experiencing).

THE CAR-ACE INQUIRY
This is a generic framework to facilitate open inquiry, to help enlarge the open area of the Johari windows. It is a disciplined approach of asking questions that can deeply explore and analyse the patient’s mind. There is a depiction of Johari windows in Unit 1.

Many of us start and then stop at clarification of symptoms. We should clarify the length (time relationship), breadth (relatedness and context), and the depth (severity, emotions, cognition, spirituality). To explore more, we may continue to probe into the assumptions the patient holds and the reasons for them.

LEARNING POINTS
- CAR-ACE can help probe specific situations or issues.
- This disciplined inquiry brings information about feelings and thinking into the open, relating to the situation at hand.
- This is often used in problem work when troublesome situations are identified. It is used to uncover the Negative Automatic Thoughts arising from cognitive distortions that triggered the emotions (see Unit 5).
- It is also used in pattern work to investigate the salient situations linked by themes into stories. The themes and stories can be investigated for consistency and context (see Unit 5).