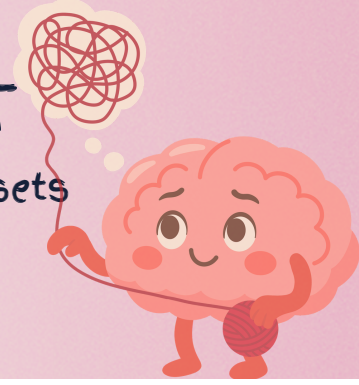




REFRAMING PRACTICE SHEET

Transforming Perspectives to Foster Positive Mindsets



What Is Reframing?

Reframing means changing the way you look at a thought—not ignoring reality, but seeing it in a more balanced and helpful way. It helps you move from automatic negative thoughts to realistic thinking.

What Happened?

Describe the situation:

What Was Your Thought?

Write your automatic thought:

Spot the Thinking Trap

Which unhelpful thinking habit is showing up?

- All-or-Nothing Thinking
- Catastrophizing
- Mind Reading
- Overgeneralization
- Filtering

- Personalization
 - “Should” Statements
 - Other: _____
-

How Did It Make You Feel?

Emotions:

- Anxiety
- Sadness
- Anger
- Shame
- Frustration
- Other: _____

Intensity (0-10): _____

Question the Thought

Ask yourself:

- Is this thought 100% true? Yes No
 - Am I missing important information? Yes No
 - Am I being too hard on myself? Yes No
 - What would I say to a friend in this situation?
-

Find a Balanced Perspective

Look at both sides:

- What supports this thought?

 - What does NOT support it?
-

Reframe It

Turn your thought into something more realistic:

- Old Thought:

- **New Thought:**
-

Shift the Outcome

With this new thought...

- **How do you feel now?**

 - **What would you do differently?**
-

Reflection

What did you notice during this exercise?

Reframing isn't about forced positivity. It's about fair, balanced thinking. You don't have to believe everything your mind tells you.

“Notice it. Question it. Reframe it.”