

REFRAMING UNHELPFUL THOUGHTS

UNHELPFUL THOUGHT

Write out the thought exactly how you hear it, then rate how much you believe the thought 1-100%

REFRAMES

Are there FACTS that support the thought? If so, list them!

Are there FACTS that contradict the thought? If so, what are they?

Is this thought distorted in some way? Check out the **Cognitive Distortions** handout to see!

What might you say to support a friend in a similar situation?

List the pros & cons of actively focusing on and believing this thought

NOW - rate how much you believe the thought 1-100%

MORE HELPFUL THOUGHT

Write out some new thoughts you can introduce to your mind that would be more helpful right now.