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Be gentle with yourself!
Emma Andreway

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Reframing My Thoughts

In the space below, write down a recent problem that made you feel sad, mad, anxious, or simply bad. Write about your negative thoughts, what you did, and how your mind and body felt.

PROBLEM

Situation:

Negative or unhelpful thoughts I had:

Actions I took:

How my mind felt:

How my body felt:

Reframing My Thoughts

Review what coping skills you can use next time. Finally, reframe negative thoughts into positive or helpful ones and write about what you can do in the future and how you think your body would feel when you use your coping skills.

COPING SKILLS

What I can do differently next time:

Who and how I can ask for help:

Positive or helpful ways I can reframe my thoughts:

Actions I can take cope:

How my mind will feel after using coping skills:

How my body will feel after using coping skills: