

# THOUGHT REFRAMING

Write down the negative situation that's troubling you:

Write down 5 negative thoughts you're having about this situation:

- 1.
- 2.
- 3.
- 4.
- 5.

For each thought, write more realistic thoughts to counteract it. If you're having trouble, write what you'd say to a person you care about.

- 1.
- 2.
- 3.
- 4.
- 5.