

# Reframing Practice Worksheet

*A compassionate tool to help shift harsh thoughts into supportive ones—without forcing positivity or ignoring reality.*

## Step 1: What's the Thought?

Write down the negative thought exactly as it showed up.

*Example: "I'm so behind on everything. I'm a mess."*

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## Step 2: What Pattern Does It Follow?

- All-or-Nothing Thinking
- Catastrophizing
- "Should" Statements
- Personalization
- Mental Filtering
- Labeling
- Other: \_\_\_\_\_

## Step 3: What's the Thought Trying to Do?

(Choose one or reflect briefly)

- Protect me from failure or rejection
- Motivate me through shame
- Make sense of overwhelm
- Express a real feeling—but in a harsh way
- Something else: \_\_\_\_\_

## Step 4: Reframe It Gently

Use one of these prompts to find a more supportive, accurate version:

- What else might be true?

- What would I say to a friend in this situation?
- How can I name this kindly without minimizing my experience?

## Reframe:

## Step 5: Choose a Grounding Reminder

Pick a phrase you can carry with you today:

- “I’m doing my best with the energy I have.”
- “This moment doesn’t define me.”
- “I’m learning to support myself, not punish myself.”
- “Progress doesn’t have to be perfect.”
- Custom: \_\_\_\_\_

## Optional: Add to Your Reframe Bank

If this reframe helped, copy it into a “Reframes That Help Me” section in your planner or journal.

## **Tips for Use:**

- Don't aim for perfection—aim for gentleness
- Fill it out daily, weekly, or just when a spiral hits
- Pair with a sensory reset (deep breath, stretch, water, music)
- You can save filled-out sheets to track themes over time