

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."

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