

Negative thoughts occur when people think the worst about a situation and/or decrease their expectations of the problem improving. This unhealthy way of thinking and reacting increases fear and can even lead to anxiety/depression if it becomes a reoccurring pattern that goes untreated. Changing our perspectives on a situation is a healthier way to cope and can lead to positive feelings and behaviors improving our overall mental health.

### **Directions**

*For this exercise write out the negative thought or situation you experienced and replace it with a new response. Be sure to answer honestly, realistically and positively. This worksheet can be used daily or weekly. Print as many copies as needed.*

# REFRAMING YOUR *Thoughts*

Negative Thought or Situation	What positive statement could you say instead?
<p><i>Example:</i></p> <p>I will never be able to get this right. At this point it's not even worth trying anymore.</p>	<p><i>Example:</i></p> <p>I can and I will get this right. I will figure out a new strategy to help me next time.</p>

--	--

--	--

--	--

--	--

--	--