



Thought Reframing Technique

Thought reframing is an important skill to master for Cognitive Behavioral Therapy (CBT). To help you practice thought reframing, try this fun exercise.

- Pick a negative or anxious thought that's been running through your head recently.
- Write it down on a piece of paper.
- Now, come up with three alternate ways to think about or reframe the same situation. For example, if you wrote down "I'm such a failure at everything I do," try coming up with other perspectives like "I may have failed at this one thing but that doesn't mean I'm a total failure at everything."
- Now, jot down those alternative thoughts on the same sheet of paper next to your original thought.
- Once you have all three reframed thoughts written down, go ahead and pick one that feels most true and positive to you. That is your new thought to focus on and remember.
- Whenever you feel that same original negative thought creeping back in, take a few deep breaths and remind yourself of the more positive reframed version.
- Keep practicing this thought reframing exercise until it becomes second nature! Good luck!