NOVA WELLNESS COLLECTION INC.
Let's Heal Together
Thenovahub.net

THOUGHT REFRAMING

DATE _____ TIME _____

Catch the thought. Check the story. Choose a more balanced view.

1. WHAT HAPPENED?

_____
_____
_____
_____

2. WHAT THOUGHT SHOWED UP?

_____
_____
_____
_____

3. WHAT EMOTION DID I FEEL?

- ☐ Anxious
- ☐ Ashamed
- ☐ Angry
- ☐ Sad
- ☐ Overwhelmed
- ☐ Hopeless
- ☐ Guilty
- ☐ Frustrated
- ☐ Other: _____

4. HOW STRONG WAS IT?

1 2 3 4 5 6 7 8 9 10

mild intense

5. WHAT EVIDENCE SUPPORTS THIS THOUGHT?

_____
_____
_____
_____

6. WHAT EVIDENCE DOES NOT SUPPORT IT?

_____
_____
_____
_____

7. A MORE BALANCED THOUGHT

_____
_____
_____
_____

8. ONE SMALL STEP I CAN TAKE NEXT

_____
_____
_____
_____

Thoughts are not always facts.

LET'S HEAL TOGETHER!

Nova Wellness Collection Inc.

For reflection and self-support; not a substitute for professional care.