



≡ THOUGHT REFRAMING ≡

DATE _____

TIME _____

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

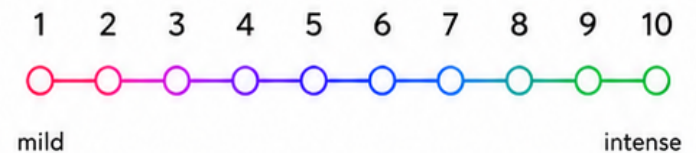
1. WHAT HAPPENED?

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?



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.