



# THOUGHT REFRAMING

DATE \_\_\_\_\_

TIME \_\_\_\_\_

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

## 1. WHAT HAPPENED?

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## 2. WHAT THOUGHT SHOWED UP?

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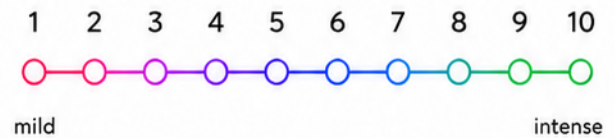
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## 3. WHAT EMOTION DID I FEEL?

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

## 4. HOW STRONG WAS IT?



## 5. WHAT EVIDENCE SUPPORTS THIS THOUGHT?

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## 6. WHAT EVIDENCE DOES NOT SUPPORT IT?

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## 7. A MORE BALANCED THOUGHT

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## 8. ONE SMALL STEP I CAN TAKE NEXT

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Thoughts are not always facts.



## LET'S HEAL TOGETHER!

Nova Wellness Collection Inc.

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