

REFRAMING EXERCISE

SUMMARIZE THE UNDESIRABLE SITUATION IN OBJECTIVE TERMS:

YOUR THOUGHTS (SUBJECTIVE):

YOUR BELIEFS:

ABOUT SELF

ABOUT OTHERS INVOLVED

OTHER BELIEFS IMPACTING THIS SITUATION

WHAT IS THE CONSEQUENCE OF HOLDING THESE BELIEFS?

WHAT ARE YOUR EMOTIONS ASSOCIATED WITH THIS SITUATION?

CHOOSE THOUGHTS THAT FEEL BETTER TO YOU- TAKE INCREMENTAL STEPS.

WHAT EMOTIONS DO YOU HAVE AFTER CHOOSING THOUGHTS THAT FEEL BETTER?

WHAT ARE YOUR BELIEFS ABOUT YOURSELF, OTHERS OR THIS SITUATION

REFRAME THE SITUATION: