

## Reframing

### Practice Reframing Your Thoughts

This worksheet is designed to help you:

- Become aware of what situations make you feel frustrated, angry, sad, or guilty
- Practice reframing your thoughts as positive ones. If you reframe painful negative thoughts, you may not feel the physical and emotional effects that negative automatic thoughts may have on you
- Talk with your healthcare provider about negative thoughts

Start by reading the following example. Then, using the 4 reframing steps, fill out the worksheet on page 2 with your own experience.

STEP 1	STEP 2	STEP 3	STEP 4
<p><b>Identify the situation that causes negative thoughts.</b></p>	<p><b>Describe your negative thoughts</b></p>	<p><b>Describe your negative emotions</b></p>	<p><b>Reframe your thoughts.</b></p>
<p><i>I haven't done laundry in weeks. I don't have the energy to do it.</i></p>	<p><i>I can't do anything anymore. My partner will be angry with me.</i></p>	<p><i>- Guilt - Worthlessness - Anxiety</i></p>	<p><i>Having fatigue is not my fault and does not mean that I'm a bad person.</i></p> <p><i>There are many things I can do but laundry is not one of them.</i></p> <p><i>If I explain to my partner about my fatigue and ask for help, he will understand.</i></p>

Fill out the table below to help reframe your thoughts.

STEP 1	STEP 2	STEP 3	STEP 4
<p><b>Identify the situation that causes negative thoughts.</b></p>	<p><b>Describe your negative thoughts</b></p>	<p><b>Describe your negative emotions</b></p>	<p><b>Reframe your thoughts.</b></p>