

NEGATIVE THOUGHTS

// Reframing Thoughts //
1. Organizing your thoughts

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STEP 1:

Write down all of your thoughts.

STEP 2:

Write down if they are positive or negative (You could do this by writing P/N or +/- behind it, or you could colour them, whatever you want!)

STEP 3:

We'll be focusing about the negative thought. Think about how it made you feel.

STEP 4:

Spot the 'distortion' in your thoughts. (See: Reframing Thoughts 2. Finding the distortion)

STEP 5:

Remove the distortion. (See: Reframing Thoughts 3. Guide to remove the distortion)