

HANDOUT 4F

Reframing Thoughts

Step 1: In the “Situation” box below, write down the same situation you wrote in Handout 4E. In the “Unhelpful Thought” box, write down the same thought you wrote in the “Thought” circle in Handout 4E. In the “Feeling” box below, write down the same feeling you wrote in the “Feeling” circle in Handout 4E. In the “Unhelpful Action” box, write down the same action in the “Action” circle from Handout 4E.

Step 2: In the “Helpful Thoughts” box, write down some positive or helpful thoughts that are alternatives to the unhelpful thought. In the “Positive Feelings” box below the “Helpful Thoughts” box, write down some feelings you might have in response to your positive, helpful thoughts. In the “Actions” box below the “Positive Feelings” box, write down some ways you might act in response to your helpful thoughts and positive feelings.

Situation	
Unhelpful Thought	Helpful Thoughts
↓	↓
Feeling	Positive Feelings
↓	↓
Unhelpful Action	Actions