

Positive Reframing Worksheet

Challenge your first thought and find a more helpful way to look at the situation.

What is the negative thought that is causing stress and/or anxiety?

What event or situation led to this thought? What was happening when you first had it?

Is this thought relevant to the situation?
Am I having this thought because I'm unhappy about something else?

What evidence do I have that what I'm thinking
is true?

What evidence do I have that what I'm thinking
is false?

If I continue to believe this, what is the worst
that could realistically happen?

If I continue to believe this, what is the best that
could realistically happen?

How can I reframe this thought in a more helpful way?
(Is there an alternative thought? A more realistic one? A more balanced way to look at the situation?)