Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Date\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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**Practice with Reframing Negative Thoughts**

A diagram of different colored squares

Description automatically generated

Example:

We can reduce stress by being aware of negative thoughts and reframing or changing them for a more positive result and less stress. Example:

**Event**: My friend did not answer my text.  
 **Thought**: My friend is ignoring me.  
 **Emotions**: I feel sad.  
 **Behavior**: I may avoid my friend next time I see him.  
 **Physical Reaction**: I feel stressed

Changing or reframing thoughts can result in a better outcome and reduce stress.

**Event**: My friend did not answer my text.  
 **Thought**: He must be busy or taking a break from technology.  
 **Emotions**: I feel OK.   
 **Behavior**: I see my friend and ask if he missed the text I sent.   
 **Physical Reaction**: I feel relaxed.

Practice with the following scenarios either individually or in a group:

1. **Event**: I can’t solve this math problem.   
   **Thought**: I am not good at math.

**Emotions**: I feel sad.  
**Behavior**: I don’t complete the assignment.   
**Physical Reaction**: I feel stressed.

**Reframe the thought**:

Event: I can’t solve this math problem.

**Thought**: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Behavior**: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Physical reaction**. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. **Event:** My professor assigned a term paper.

**Thought:** I don’t like writing.

**Emotions:** I feel overwhelmed.

**Behavior:** I delay getting started on the project.

**Physical Reaction**: I feel stressed.

Reframe the thought:

**Event:** My professor assigned a term paper.

**Thought:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Emotions:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Behavior:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Physical Reaction:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. **Event:** I didn’t do well on the exam.

**Thought:** I am not college material.

**Emotions:** I feel sad.

**Behavior:** I stop attending class.

**Physical Reaction:** I feel stressed.

Reframe the Thought:

**Event:** I didn’t do well on the exam.

**Thought:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Emotions:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Behavior:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Physical Reaction:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_