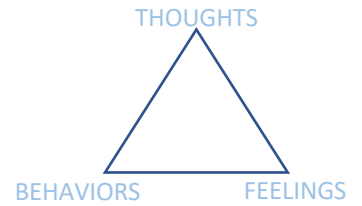


Cognitive Reframe

A cognitive reframe is when we take an existing, unhelpful thought that may bring us down and reframe it into a thought that is more helpful and productive. Our **thoughts** are connected to our **feelings**, and our **behaviors**. This is called the **cognitive triangle**. We have less control over our emotions, but we can impact them by changing our thoughts.



<p>Activating event. What happened?</p> <p><i>Example: Failed class</i></p>	<p>What happened?</p> <hr/> <hr/> <hr/> <hr/>
<p>Belief or thought. What's the unhelpful thought?</p> <p><i>Example: I don't feel like I have control over my life.</i></p>	<p>What beliefs do I have?</p> <hr/> <hr/> <hr/> <hr/>
<p>Consequence. What feelings are you having?</p> <p><i>Example: feeling disappointed</i></p>	<p>What feelings do I have?</p> <hr/> <hr/> <hr/> <hr/>
<p>Doing. What are you doing, how are you affected by this action?</p> <p><i>Example: Doing nothing "I won't do anything"</i></p>	<p>What am I doing in response to my feelings?</p> <hr/> <hr/> <hr/> <hr/>
<p>Evolve. Challenge your thoughts:</p> <p><i>Example: There is something I can control, like making a to-do-list, setting making time to do my work or getting help from a friend or teacher</i></p>	<p>What are my new thoughts?</p> <hr/> <hr/> <hr/> <hr/>
<p>Finish. How do you feel after your reframed thought?</p> <p><i>example: I feel hopeful</i></p>	<p>How do I feel about my new way of thinking?</p> <hr/> <hr/> <hr/> <hr/>