

# REFRAMING TRAINING WORKSHEET

## Three Step Process

Use the three step process to explore where you need to reframe thinking in the different areas of your life.

What thoughts cause you to feel anxiety or stress?

What thoughts cause you to feel sad or hopeless?

How have these unhelpful thoughts negatively affected your life?

What are your new reframing statements?

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Let's go deeper now by exploring your unhelpful thoughts in key areas of your life. Take your time with this. You may choose to work on this over the next few weeks or even months.

What unhelpful thoughts do you have about yourself?

What unhelpful thoughts do you have about your important relationships?

How have these negatively affected you?

How have these negatively affected you?

What are your new reframing statements?

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What unhelpful thoughts do you have about your work?

What unhelpful thoughts do you have about your home?

How have these negatively affected you?

How have these negatively affected you?

What are your new reframing statements?

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What unhelpful thoughts do you have about your family?

What unhelpful thoughts do you have about your finances?

How have these negatively affected you?

How have these negatively affected you?

What are your new reframing statements?

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What unhelpful thoughts do you have about your Health?

What unhelpful thoughts do you have about your personal growth?

How have these negatively affected you?

How have these negatively affected you?

What are your new reframing statements?

What are your new reframing statements?