

F.L.O.W.

Through life

Cognitive restructuring helps identify and change negative thinking patterns.

Think **F.L.O.W.** Find, Learn, Optimize, Work

Find a negative mood or reaction

Describe a situation or thought that triggered negativity:

Learn about the negativity

How does your body feel? What message is coming up? Is this familiar to another experience in your past or from childhood?

Optimize the negativity

How would you like your body to feel? What message would soothe the negativity? Think **optimize with the opposite** reaction.

Work on results

Embrace this new body feeling and message any time you encounter that situation or thought. Note any new insights.