Conscious Awareness Exercise

The 5 Rs of Mindful Belief Reframing · Dr. Jeffrey Schwartz & Dr. Gabor Maté

305 Psychotherapy Group LLC
305.859.1272
305Therapy.com

When a distressing thought or belief arises, it can feel like an absolute truth about who you are. The 5 Rs offer a structured, mindful practice for observing automatic thoughts with curiosity rather than reacting to them — shifting your relationship to the thought from fusion to flexible awareness.

1 STEP ONE

Relabel

Observe the thought as a thought — not as fact, and not as your identity. Use language that creates distance: *"I have a thought that..."* or *"I notice a belief that..."* This simple shift interrupts the automatic fusion between who you are and what your mind is telling you.

TRY THIS

"It's not that I am unworthy. I notice I have a belief that I'm unworthy."

2 STEP TWO

Reattribute

Understand the source of the thought. It is your brain replaying a conditioned message — often formed in response to early experiences. This is a neural habit, a pattern learned long ago. It reflects the past, not your present reality or future potential.

TRY THIS

"This is my brain sending me an old, familiar message. It was programmed long ago — it does not define me now."

3 STEP THREE

Refocus

Consciously choose where to direct your attention. Shift toward a valued activity — a walk, music, creative work, or meaningful connection with another person. The goal is not to suppress the thought, but to choose not to act on it. Let it exist without letting it drive your behavior.

TRY THIS

"I notice this thought. I choose to redirect my attention to ___ right now."

4 STEP FOUR

Revalue / Reevaluate

Honestly examine the impact of holding this belief. How has it shaped your behavior? Has it kept you hopeless, isolated, or stuck in patterns that no longer serve you? Name it clearly — this is a distorted signal from the past, not a valid guide for living your life today.

TRY THIS

"This belief keeps me ___. It is a pattern from the past — not a truth about who I am or what I deserve."

5 STEP FIVE

Recreate

Step into possibility. Who do you want to become? What kind of life do you want to create? Allow this forward-looking vision — rather than the old belief — to guide your choices. Each action taken in alignment with your values builds a new, truer narrative about who you are.

TRY THIS

"The life I want to create looks like ___. Today, I will take one step toward it."

Schwartz, J. M., & Beyette, B. (1996). *Brain Lock: Free Yourself from Obsessive-Compulsive Behavior.* HarperCollins. | Schwartz, J. M., & Gladding, R. (2011). *You Are Not Your Brain.* Avery/Penguin. | Maté, G. (n.d.). Step 5: Recreate. Introduced in podcast discussion with Dr. Jeffrey Schwartz.

305 Psychotherapy Group LLC
© 2025 · All Rights Reserved