

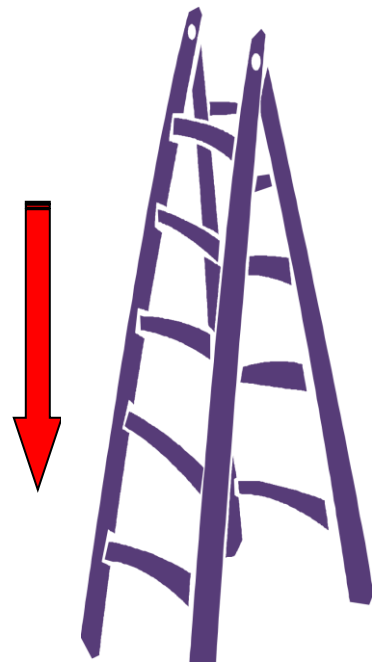
Cognitive Reframing: Self-Talk Ladder Tool. **A tool for transforming thoughts.**

Turn your attention inward. Notice your thoughts. Imagine each of your thoughts as a rung on a ladder. Observe each thought carefully. Your negative, self-defeating thoughts move down the ladder, increasing negative emotions. Notice how these thoughts impact your emotions, health and behavior.

Your negative thoughts pull you downward like the rungs on a ladder descending into your negative, distorted thoughts file.

Acknowledge which thoughts below sound or feel familiar to you.

- “No one really understands.”*
- “I’m fat, ugly and stupid.”*
- “I’m too old and too tired.”*
- “I’m not attractive enough.”*
- “I will never be good enough.”*
- “I will never change”*
- “I’m afraid they wouldn’t like me.”*
- “No matter what I do, it is never enough.”*
- “I am always worried about what they think.”*
- “I can’t forgive or move on. I’m stuck.”*
- “Mistakes are unacceptable, I must be perfect.”*
- “I can’t trust anyone.”*
- “Why bother? What’s the point?”*
- “I am an imposter, a fake.”*
- “I’m a failure.”*
- “I hate my life.”*
- “I’m not worthy.”*
- “I feel guilty.”*
- “I hate myself.”*




Thoughts, like ladders, can move up and down. Your choice.

As you imagine your thoughts as rungs on a ladder, the positive thoughts lead up the ladder, away from your negative file. Positive thoughts bring hope, optimism and healing. Positive thoughts have a helpful intention. They help problem-solve and maintain dignity. You can choose to transform your negative thoughts into healing thoughts with *cognitive reframing*. **Speak to yourself with that same wise and compassionate voice that you use when advising, counseling and coaching your loved ones.** Use the steps below to coach yourself.


Learn: Challenge and reframe your negative thoughts:


1. **Is it true?** Challenge the thought. This may be a lie you have been telling yourself.
2. **What is your intention?** Does this thought have any positive function?
3. **Reframe:** Respond to your negative thought as you would when speaking to a friend or beloved. The success of your reframing will be evident in your improved mood, attitude, and outlook. **Successfully reframed thoughts allow you to live the advice you others.**

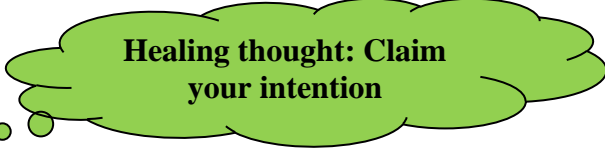


Negative thought

choice







Healing thought: Claim your intention

Negative thought	Positive reframed thought
• I'm fat, ugly, stupid	• <i>So what?!. Even fat, ugly, stupid people deserve love. LOL! I know I am a good person....I will focus on my positive qualities.</i>
• I'm not good enough.	• <i>Good enough for who? For what? This isn't even logical; this is coming from a hurt place that I intend to heal.</i>
• I feel guilty.	• <i>Guilt is the feeling good people have when they behave badly. I will learn from mistakes, then forgive myself and move on.</i>
• I am afraid they won't like me.	• <i>I can't expect EVERYONE to like me. That's unrealistic and narcissistic. I will focus on self-respect not vanity or popularity. I will become the person I like.</i>
• I am alone.	• <i>When I am alone, I'm with myself. I am in good company! Plus I need to be honest—I am not alone. I have _____ (fill in the blank with everyone who would be offended that you believe you are alone: neighbors, family friends, coworkers, cat, potted plant)</i>
• I must be perfect.	• <i>As a child, I thought perfection would protect me. I am safe now. I don't need to be perfect, I choose to be human.</i>
• I'm not worthy.	• <i>My unworthy feeling is probably shame, but I decide my worth. When I talk to myself like a beloved, practice self-compassion then those feelings are healed, lifted up and I feel better.</i>

