

# Reframing Negative Thought Patterns

**If you feel overwhelmed by negative thoughts, try reframing your thought pattern. This technique involves recognizing and replacing negative thoughts with more balanced or positive ones. Give it a shot!**



Write down any negative thought  
Write down any negative thought patterns you  
might have.

What led to this thought?

What emotions are you feeling?

What evidence do you have that  
makes you feel like this is valid?

What is another way to look at  
this thought?

How does this different  
viewpoint help you?

How can you practice shifting  
your negative viewpoints in the  
future?