



Petunia

COUNSELLING SERVICES

You were made to bloom.

COGNITIVE REFRAMING

Change your thoughts, change your feelings.



Cognitive reframing is the practice of looking at a situation from a different perspective. It helps us challenge unhelpful thoughts and replace them with more balanced, realistic and empowering ones.



WHY IT MATTERS

Our thoughts influence how we feel and behave. When we shift our thinking, we can reduce stress, improve our mood and respond more effectively.



You can't always control what happens, but you can choose how you think about it.



COGNITIVE REFRAMING WORKSHEET

Use this table to help you reframe unhelpful or negative thoughts into more balanced and helpful ones.

1. SITUATION What happened?	2. AUTOMATIC THOUGHT What went through my mind?	3. EMOTIONS What did I feel? (Rate intensity 0–100%)	4. COGNITIVE REFRAME What's a more balanced or helpful way to think?	5. NEW EMOTION How do I feel now? (Rate intensity 0–100%)
1				
2				
3				
4				
5				

STEPS TO REFRAME YOUR THOUGHTS



1. NOTICE

Notice the situation and the automatic thought that comes up.



2. FEEL

Identify how that thought makes you feel and rate the intensity.



3. CHALLENGE

Ask yourself: Is this thought 100% true? What's another way to look at this?



4. REFRAME

Create a more realistic and kind thought.



5. REFLECT

Notice how your new thought changes how you feel.

EXAMPLES

Unhelpful Thought

I always fail.



Reframed Thought

I made a mistake this time, but I can learn and do better.

Unhelpful Thought

Nobody cares about me.



Reframed Thought

I may feel alone right now, but I have people who care about me.

Unhelpful Thought

This is too hard, I can't handle it.



Reframed Thought

This is challenging, but I'll take it one step at a time.

KIND REMINDER

Be patient and kind with yourself.

Reframing takes practice.

Small shifts in thinking can create big changes in how you feel.



I choose thoughts that help me grow.

