

# REFRAME NEGATIVE THOUGHTS

If you're thinking:	Reframe it as:
My life is rubbish, nothing is going well	I am going through a tough time, this does not mean it will last forever.
I can't do that	I just need to spend more time working on it and I will be able to do it
I always mess up	I will learn from every experience
Everything is my fault	I will take responsibility for my thoughts, feelings and actions and I will allow others to take responsibility for themselves.
If I am thinking:	I can reframe it as: