

# REFRAME NEGATIVE THOUGHTS

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