

Having a negative and/or irrational thought is normal until start thinking of everything this way. This worksheet can help to change your way of thinking to a more positive one.

	Original Thought	Reframed Thought
	Ex. I am not doing enough	Ex. I am doing the best I can
X		
X		
X		
X		
+10	© 2022 Breakthrough Mental Health C	counseling PLLC www.bmhcounseling.com