

# Reframing Sad Thoughts

---

In the box below, write down a recent problem you had that made you feel sad. Write about any negative thoughts you had, what you did, and how your body felt. Review what coping skills you could have used. Finally, reframe negative thoughts into positive ones, and write about what you could have done and how your body would have felt after using your coping skills to feel better.

## Problem

---

Negative thoughts I had: \_\_\_\_\_  
\_\_\_\_\_

Actions I took: \_\_\_\_\_  
\_\_\_\_\_

How my body felt: \_\_\_\_\_  
\_\_\_\_\_

## Coping Skills

What could I have done differently?

How could I have asked for help?

Who could I have asked for help?

Positive ways I could reframe my thoughts: \_\_\_\_\_  
\_\_\_\_\_

Actions I could take to cope: \_\_\_\_\_  
\_\_\_\_\_

How my body would feel after using coping skills: \_\_\_\_\_  
\_\_\_\_\_