

Reframing Thoughts

Cognitive distortions (e.g., "I'm not good enough," "I'm a failure") can impact our daily functioning. Work with the client and/or caregiver to identify a negative thought. Discuss how changing the thought will positively impact future thinking, feeling, and behavior?

Negative Thought to Change:

Positive Reframing Thought:

Positive
Outcomes – Thoughts:

Positive
Outcomes – Feelings:

Positive
Outcomes – Behaviors: