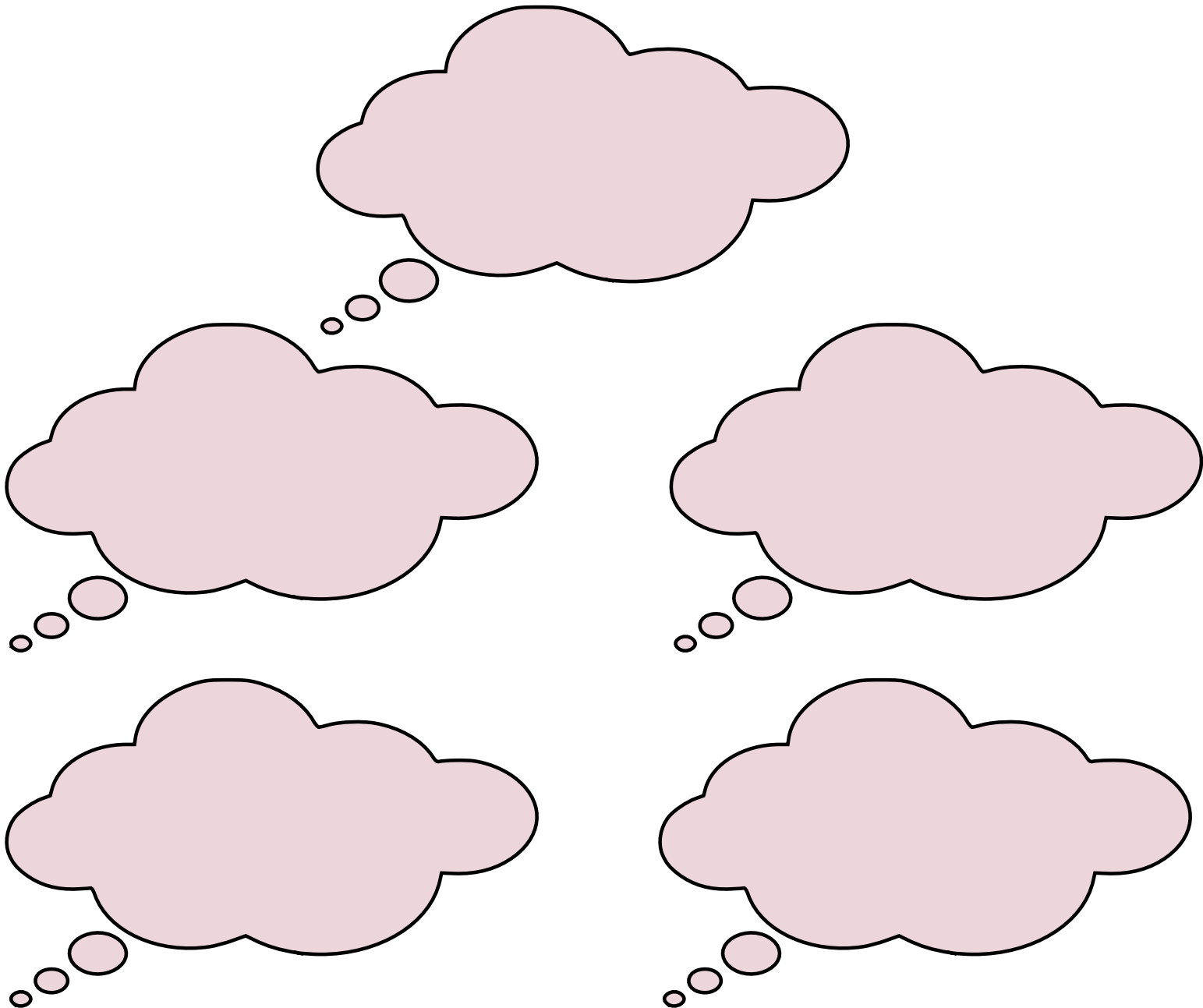


Anxiety Skill: Reframing your negative thoughts

Negative → *Positive*

BRAINSTORM

Take a moment to reflect on the negative thoughts you find yourself thinking about most often. Be curious about these thoughts and try to observe them without engaging with them.



Now take what you described on the previous page and work through this exercise for each one

Negative → *Positive*

My negative thought: _____

Evidence for my thought:

Evidence against my thought:

How can I reframe my negative thought to a more realistic one?

Remember your thoughts are not facts.