

# Positive Reframing Worksheet

Name:

Date:

**Instructions:** This Positive Reframing Worksheet is designed to help you shift your perspective on challenging situations and cultivate a more positive mindset. Identify the Challenging

## Challenging Situation

*Describe the situation that is causing distress or negative emotions.*

## Negative Thoughts

*List the negative thoughts or beliefs associated with the challenging situation.*

## Challenge Negative Thoughts

*Examine the accuracy and validity of your negative thoughts.*

*Consider alternative explanations or perspectives.*

## Challenged Negative Thoughts

## Reframed Thoughts

### **Recognize Positive Aspects**

*List positive aspects, opportunities, or lessons that can be derived from the challenging situation.*

### **Identify Personal Strengths**

*Reflect on your personal strengths and qualities that can help you navigate and overcome the challenge.*

### **Set Positive Intentions**

*Establish positive intentions or affirmations that align with the reframed thoughts and positive aspects.*

**Create an Action Plan**

***Outline practical steps you can take to address the challenging situation or enhance your well-being.***

**Reflection:**