

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: