

Positive Reframing Worksheet

Name: _____ Age: _____

Date of session: _____ Practitioner: _____

Instructions

This Positive Reframing Worksheet is designed to help you shift your perspective on challenging situations and cultivate a more positive mindset.

Challenging situation

Describe the situation that is causing distress or negative emotions.

Negative thoughts

List the negative thoughts or beliefs that are 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

Recognizing positive aspects

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

Identify personal strengths

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

Positive intentions

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

Action plan

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

Reflection

Reflect on what you have discussed throughout this worksheet.

Additional notes