Reframing Negative Thoughts Worksheet

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Initial negative thought	Reframed thought
I always mess things up.	I can learn from my mistakes.
No one likes me.	I might not be everyone's friend. That's okay.
I will never succeed or do well in my life.	I face challenges. However, that does not define me.
I can't take this anymore.	If I take one step at a time things will be easier. I can focus on that.
I will never be good enough for my friends or family.	I am always changing, and that's a wonderful thing.
I am always stressed and upset.	I can look for small things to enjoy. Life is not so bad.
I am always unlucky.	Luck is unpredictable. I will create my own opportunites.

Additional notes:
I felt angry but after reframing my negative thoughts, I felt like I could breathe.