

Reframe Your Thinking

Step 1: Describe the Adversity

Describe a recent, or current adversity that you are facing. Be specific details about the situation. Include the who, what, when, where, how of the situation. Be as objective as possible.

Step 2: Identify the Beliefs

What were you thinking when the incident occurred? Note down the initial thoughts going through your mind and be as candid as possible.

Step 3: Record the Consequences

Record what happened as a result of your belief. What emotions did you feel? Be as specific as possible.

Step 4: Dispute the Distortions

Use any of the following strategies to identify the inaccuracies of your belief(s) or overly pessimistic views.

Evidence: ask yourself what is the evidence for this belief? Fill in the continuation of this sentence, "This (belief) is not really true because....."

Alternative: Find another way of looking at this situation. You can use this sentence to reframe your thinking. "A more accurate way of looking at this situation is...."

"Most Likely" Scenario: Use this strategy to gain a more plausible perspective.

Write down the worst case scenario (no matter how unlikely). This can help you identify "outlandish" situations which are unlikely to happen.

Then write down the best case scenario you can imagine. This activity can help to "activate" your positive emotions and moderate your feelings of anxiety.

After going through the worst and best case scenario, note down an outcome that seems most probable and realistic given the current facts that you have. Often, this could be somewhere between the most disastrous and perfect outcomes.

