Reframing Negative Thoughts - My Self Talk Log

Your task is to think of a few situations where you feel sad, angry, stuck, anxious or nervous. You will reframe the negative thoughts into more positive ones and practice self-talk.

Situation/ Self-talk	Automatic Thought Negative Mindset	New Thought Positive Mindset
Example: I made a mistake in math.	"I always mess up. I am no good at math. I am a failure."	"I messed up, but that happens sometimes. I am going to work though this.