



HOW TO CHANGE YOUR THOUGHTS (REFRAMING)

AN ACTIVITY

to help you learn how to change your thoughts through REFRAMING



REFRAMING OUR THOUGHTS - ACTIVITY

These are the kinds of thoughts you might find yourself expressing. Take the statements below and see how you might reframe them into something more positive. (Even if they're not relevant to you right now, still do the reframe - **it's practicing the skill of reframing that's key here**. You can then apply it when you need it.

You can print off the next page to write on (I've minimised colour!) or jot down your thoughts wherever works for you.



01

I'll never be able to get a well paid job now

REFRAME:

02

Stuff like this always happens to me

REFRAME:

03

I've never been any good at interviews

REFRAME:

04

I can't ask for a promotion

REFRAME:



05

**I'll never be good enough
to get the job I really want**

REFRAME:

06

**I can't ask for flexible
working hours**

REFRAME:

07

**Nothing ever goes right for
me**

REFRAME:

08

**I've never had any
confidence**

REFRAME: