

Negative Thought Reframing Worksheet

This worksheet helps you challenge cognitive distortions and replace them with positive, balanced thoughts.

Examples:

Example:

- Negative Thought: 'I'll never succeed.'
- Reframed Thought: 'Success takes time and effort. I'm making progress.'

Instructions:

1. Identify a recurring negative belief you have about yourself (e.g., 'I'm not good enough').
2. Use the following prompts to challenge the belief:
 - What evidence supports this thought?
 - What evidence contradicts it?
 - What would I tell a friend in this situation?
3. Rewrite the thought into a positive and balanced statement.