

★ Reframe Your Thoughts



Empathy
Reframe

What would my best friend say to me? What would I say to someone having these thoughts?

SelfLoveRainbow

Facts
Reframe

What are the facts? Is this true? Is there an alternative explanation that makes sense?

Language
Reframe

Can I use words that affirm what I'm feeling but are also empowering or supportive?

Context
Reframe

Is this a big picture issue? Is there a middle ground somewhere in this situation?

Behavioral
Reframe

What have I done that's in opposition to the thoughts I am having about myself?



Thoughts On The Self

RC Schank



Thoughts On The Self:

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