

Positive Reframing Worksheet

Date of session: _____ dd / mm / yyyy Client information: _____

Practitioner: _____

This Positive Reframing Worksheet is designed to help you shift your perspective on challenging situations and cultivate a more positive mindset.

Describe the situation that is causing distress or negative emotions.

List the negative thoughts or beliefs that are associated with the challenging situation.

Examine the accuracy and validity of your negative thoughts. Consider alternative explanations or perspectives.

Challenged negative thoughts:

Reframed thoughts:

List positive aspects, opportunities, or lessons that can be derived from the challenging situation.

Reflect on your strengths and qualities that can help you navigate and overcome the challenge.

Establish positive intentions or affirmations that align with the reframed thoughts and positive aspects.

Outline practical steps you can take to address the challenging situation or enhance your well-being.

Reflect on what you have discussed throughout this worksheet.

Additional notes: