

REFRAMING

What Is It?

Reframing, also referred to as **cognitive reframing**, is a psychological technique aimed at altering how we interpret and respond to situations, particularly those that trigger negative emotions or anxiety. The essence of reframing lies in shifting our perspective from one that may be negative or limiting to one that is more positive and empowering.

How Can This Help?

Negative thoughts have the potential to steer us away from our best interests. Reframing, proven to alleviate stress and mental distress, enables us to confront these negative thoughts, cultivating a positive and nurturing mindset that supports our mental health.

What does this look like?

Incident	You make an error
Negative Thought	“I am rubbish at my job”
Negative Belief	“I am not good enough”
Negative Emotion	Anger, Guilt, Hate
Dysfunctional Behaviour	Disinclined to keep trying

How to effectively resolve this

Speak to yourself with the same empathy as you show to your friends.

Replace negative thoughts with the mindset of, “I understand where I made a mistake, and I will improve in the future”

Now you can reframe the mistake as a learning experience Therefore preparing yourself for future success.

REFRAMING ACTIVITY

Share a situation or event that is caused you distress. What negative thought pattern do you often find challenging?

Despite the difficulty of the situation, is there a lesson you can take away from it? Can you view it from a different perspective? Think about adopting a more positive thought.

Additional questions to ask yourself when reframing:

- How might someone else perceive this situation?
- Are there alternative explanations I haven't explored?
- Am I overlooking positives or magnifying negatives?
- Are my thoughts influenced more by emotions than facts?
- Am I setting unrealistic standards for myself that I wouldn't expect from others?
- Am I overestimating my control or responsibility in this situation?
- Have I considered all possible actions I can take to address this situation?

The more you practice positive thinking, the more it will become second nature to you.

Strengthen your reframed thoughts by using physical reminders such as notes and images throughout your environment.