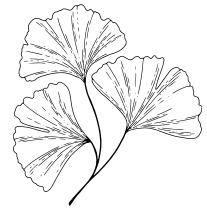# Tips for Reframing Negative Thoughts

Awareness and Identification

- Journal your thoughts or use mindfulness techniques to observe your mental patterns.
- When you notice a negative thought, ask yourself: "What triggered this? How does it make me feel?"

Challenge the Thought

- Is there evidence to support this thought?
- What would I tell a friend if they were having this thought?
- Am I jumping to conclusions rather than exploring the facts?

Consider Alternative Explanations

- Instead of accepting negative thoughts as facts, consider alternative perspectives. Think about a time when a similar situation turned out positively or recognize the complexity of the issue at hand.

Practice Self-Compassion

- Treat yourself with kindness when you experience negative thoughts. Instead of criticizing yourself for feeling down, acknowledge that it's part of being human. Self-compassion can create a buffer against the harshness of negative thinking.

Shift Your Attention

- Instead of saying, "I'm bad at my job," try, "I'm still learning, and I have room to grow in my role."
- Instead of thinking, "I'm a terrible parent and I shouldn't have lost my temper," you could reframe it to, "I didn't do well this time, but I can learn from this experience and try to regulate my emotions/take a break before I get angry with the kids."