



# Reframing Our Thoughts

Reframing our thoughts is a way to change the way we think about a situation, person, or relationship.

<b>THOUGHT</b> 	<b>QUESTIONS TO ASK</b> 	<b>NEW THOUGHT</b> 
<p>I hate going new places. This is going to be terrible.</p>	<p>What is the worst thing that could happen?</p> <p>How could I manage it?</p> <p>What is the best thing that could happen?</p>	<p>If there are loud noises, I can use my headphones to block them out.</p> <p>I might have a really good time at this new place.</p>
<p>I never get what I want!</p>	<p>Is that really true?</p> <p>Have I been through a situation like this before?</p> <p>How did I handle this situation successfully last time?</p>	<p>Sometimes, I get what I want and sometimes, I do not. I can handle it when I do not.</p> <p>I used calming skills to help myself relax last time this happened.</p>
<p>I am not good at this! I am a failure.</p>	<p>Is there another possible explanation?</p> <p>What would I tell my friend if they were feeling this way?</p>	<p>I am new to this. I will keep trying and I will get better. It is okay not to be perfect.</p>
<p>They are so mean to me!</p>	<p>What is another way to look at this situation?</p> <p>How did I handle this situation successfully last time?</p>	<p>Maybe they are having a tough day. I can tell them how I feel and work to solve the problem.</p>