

# Reframing thoughts

Name: \_\_\_\_\_ Date: \_\_\_\_\_

| Situation                                                                           | Negative/<br>unhelpful thought                                                                                                                                                                                                                                    | Evidence against<br>this                                                              | Reframe                                                                               |
|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|
| I had an argument with Kya.                                                         | I have no friends, everyone hates me.                                                                                                                                                                                                                             | Sam and Ciara were nice to me and asked me to play with them.                         | It is good to have more than one friend to support you, like I do.                    |
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