



Coping Skills: Reframing

When you reframe something, you look at it in a different way, for example, by focusing on its positive attributes rather than its negative ones. Answer the questions to practice reframing.

A situation that often causes me to think negative thoughts is:

Can you reframe the situation into a positive challenge?

What are the benefits of this situation?

What can you learn from this situation?

What positive self talk can you start to use to help you resist negative thinking?
