

Thought Reframing Worksheet

A tool to help you identify and shift unhelpful thinking patterns

Step 1: Situation

What happened? (Be specific and factual)

Step 2: Emotions

What emotions are you feeling? Rate intensity (0–100%)

Emotion	Intensity

Step 3: Automatic Thoughts

What thoughts went through your mind?

Step 4: Evidence For the Thought

What evidence supports this thought?

Step 5: Evidence Against the Thought

What evidence does NOT support this thought?

Step 6: Balanced Thought

Create a more realistic, balanced thought:

Step 7: Re-rate Emotions


After reframing, how intense are your emotions now?

Emotion	Intensity

Closing Note

Our thoughts are not always facts. Practicing this exercise can help you build awareness and create more balanced, supportive ways of thinking.

Get Started Today

	<p>Reach out today to schedule a consultation and take the first step toward feeling more balanced and supported.</p> <p>Book Now</p> <p>Visit Our Website</p>
---	--