



## REFRAMING UNHELPFUL THOUGHTS

When you become aware of unhelpful or negative thoughts/thought patterns, take the time to reframe them into a more positive or helpful. Notice how this is possible and how it makes you feel. Remember what we focus on grows.

Unhelpful thought	More helpful thought
E.g. I can't cope with this.....	E.g. I am doing the best I can and am learning. I'm proud of myself for that.

