

Reframing negative thoughts A practical guide

Name:



Common types of negative thinking



Below are some of the most common thinking traps that people fall into, along with everyday examples you may recognise

ALL-OR-NOTHING THINKING



Seeing all situations in extremes – everything is either a roaring success or a complete failure, with no middle ground.

Example: You deliver a presentation at work that goes well overall, but because you stumbled over a couple of words, you decide it was a disaster.

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CATASTROPHISING

Expecting the worst possible outcome, no matter how unlikely it is.

Example: Your partner doesn't reply to a text straight away, so you convince yourself they must be angry with you or that something terrible has happened.

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MIND READING

Assuming you know what others are thinking - and usually believing it's something negative.

Example: A friend cancels plans and you instantly think it's because they don't enjoy your company anymore.



LABELLING

Assigning a negative label to yourself or someone else based on a single incident.

Example: You burn dinner and immediately tell yourself, "I'm useless in the kitchen."



PERSONALISATION

Blaming yourself for events outside of your control or influence.

Example: Your child is upset after school, so you assume it must be because of something you did or didn't do.



OVERGENERALISING

Drawing broad, negative conclusions from one isolated experience and applying them to all future situations.

Example: You have one awkward date and decide that you'll "never meet the right person."

How to reframe negative thoughts



Stop unhelpful thinking patterns and change perspective

Notice the thought Ask yourself: What is going through my mind right now?	6
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Name the thinking trap Ask yourself: Am I catastrophising, overgeneralising, or assuming what others think?	
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Check the evidence Ask yourself: What's the proof that this is true? What's the proof it might not be?	

Real-life examples of reframing



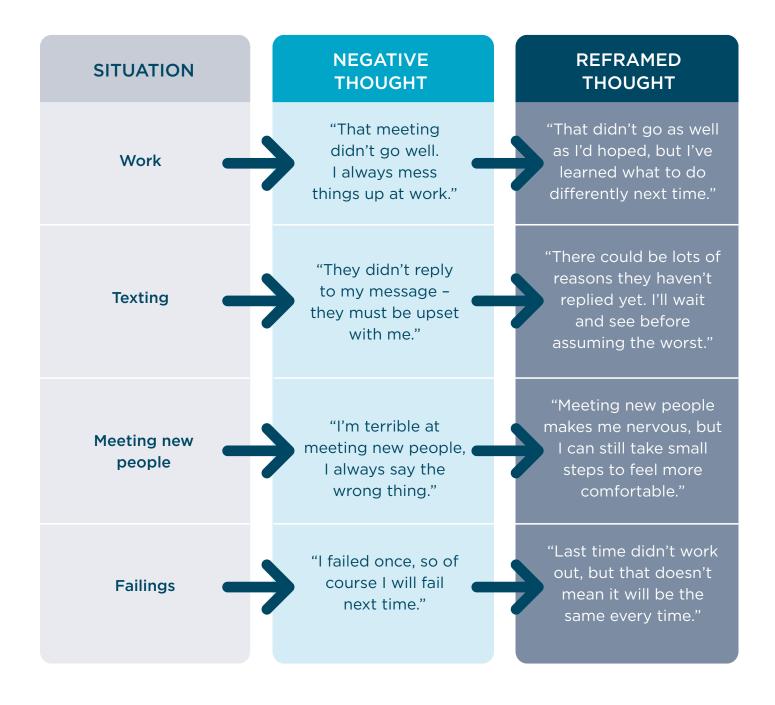
Here are a few common negative thoughts, alongside how they might be reshaped into more balanced, constructive ones

Consider another angle Ask yourself: How else could I see this situation? What would I say to a friend in my position?	94
Choose a more balanced response Ask yourself: What's a more helpful way to put this?	

Real-life examples of reframing



Here are a few common negative thoughts, alongside how they might be reshaped into more balanced, constructive ones.



Reflect on your progress



By doing this daily, it keeps your reframing skills active and will help form a habit.

How do i feel about my progress today?	
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What challenges did i face?	
What helped me stay on track?	



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