



Change Your Thoughts, Change Your Feelings

The thoughts you are having may be driving how you feel. If you can figure out a way to think more positively, you will be able to feel more positively. This is called changing your perspective or re-framing. It may not fix a problem, but it can help you feel differently about it.

Negative, unkind, uncaring, punishing thoughts	
My thought	
On a scale of 1-10 how do I feel about this now? 10 = very bad	

How could I think about this differently?	
What practical thoughts could I have?	
What can I do to help this/change this? How and when?	

Is there anything I can think or say to myself that could help me through this? What can I say to show I have an understanding of why I might be thinking like this?	
What might a caring friend say to me? What would I want someone to say to me, what would make me feel a little better?	
Can I do anything about this? If not, is it possible to let this go and move on? If not, why can't I let it go?	

Would it help if I talked through this with someone such as a friend or counsellor? Who and when?	
On a scale of 1-10 how do I feel about this now? 10=very bad	

If your feelings have improved after thinking about this particular thought differently, could you get in the habit of trying it every time?