

Reframe the Thought

Reframing is not positive thinking. The goal is to build a response that better fits the evidence, context, uncertainty, and what you can actually do.

Accuracy over positivity

Situation

What happened?

Automatic thought

Write the thought in one sentence. If there are several, choose the one with the strongest emotional charge.

What supports it?

Facts, context, or real risks.

What complicates it?

Missing information, alternative explanations, exceptions, or evidence pointing elsewhere.

What kind of response fits?

Is this mainly an interpretation to reframe, a real problem to plan for, something to accept, or a prediction you can test?

Balanced reframe

Write a response you can actually believe. It can include uncertainty, difficulty, and limits.

Next step

What would you do differently if you held the balanced view for the next hour?