

Positive Power Hour

AC June 2022

Reframing Automatic Negative thoughts

Automatic negative thoughts can be really detrimental to our emotional wellbeing and stability, they can undermine our dreams and sense of self esteem. We want to change our negative thoughts in to positive thoughts instead.

AUTOMATIC NEGATIVE THOUGHT

POSITIVE REFRAMED THOUGHT

I am clumsy and useless



I am careful and worthy

If this is too hard to jump straight in to a positive try the middle ground:

I am WORKING ON believing ...

I am GROWING IN ...

I am STARTING to believe ...