

Thinking Differently Worksheet

Practice reframing your thoughts

This worksheet on reframing negative thoughts may help you:

- Become aware of what situations make you feel frustrated, angry, sad, or guilty
- Practice reframing your thoughts as positive ones. If you reframe painful negative thoughts, you may not feel the physical and emotional effects that negative automatic thoughts may have on you
- Talk with your healthcare provider about negative thoughts

Start by reading the following example. Then, using the four reframing steps, fill out the worksheet with your own experience.

STEP 1	STEP 2	STEP 3	STEP 4
Identify the situation that causes negative thoughts	Describe your negative thoughts	Describe your emotions	Reframe your thoughts
<p>I haven't done laundry in weeks. It just hurts too much.</p>	<ul style="list-style-type: none"> • I'm a terrible wife • I can't do anything anymore • My husband will be angry with me 	<ul style="list-style-type: none"> • Guilt • Worthlessness • Anxiety 	<ul style="list-style-type: none"> • Having MS is not my fault, and it does not mean I am a bad person • There are many things I can do without help, but laundry is not one of them • If I explain to my husband about my pain and ask for his help, he will understand

