

humantold

Learning to Reframe

This activity challenges you to pivot your thoughts that might be influencing your actions using a tactic called reframing.

When we feel upset or conflicted about something it can lead us to feeling stuck on what to do as our brain weighs the costs and benefits of an action or inaction.

Start by figuring out the thought your brain is getting stuck on. For example: "No one will talk to me at the party." What are one or two thoughts that you are getting stuck on?

Next try to weigh the advantages or disadvantages of this thought. For example, using the same prompt before *"No one will talk to me at the party."*

Advantages of this thought

- I won't be disappointed.
- I don't have to make any effort.
- I can prepare myself.
- It's okay if I avoid the party.

Disadvantages of this thought

- I will go into the party feeling sad.
 - I may look like I don't want to talk to anyone.
 - I may end up missing a party I might have enjoyed.
 - I might miss a chance to make new friends.
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Try this for the thought that gets you stuck:

Advantages of this thought

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Disadvantages of this thought

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In some ways the thought is helpful, but checking in if it is consistent with your values and goals. Such as confronting your anxiety or meeting new friends. Does a new thought or mindset come to mind?
