

The Thought Reframe

A simple page for checking the story your mind is telling.

Use this when a thought feels loud, certain, or heavy. The goal is not to force positivity. The goal is to pause, look again, and choose one next action step.

1. Name what happened

What happened? Keep this as factual as possible.

2. Notice the thought

The thought or story my mind is telling:

How much do I believe this right now? 0-100: _____

What emotion shows up with this thought? _____

3. Check the evidence

What makes this thought feel true?	What might also be true?

4. Look for a gentler, more balanced thought

A more balanced thought I can practice:

5. Choose the next action step

The next action step I can take is:

I can notice the thought without letting it become the whole truth.