

Rephrase Your Thinking

Turn your worst experiences into positive memories.




In module 4, we looked at several ways to overcome negative emotions. In this worksheet, let's practise a cognitive reframing exercise to reframe thoughts that induce negative emotions.

This worksheet is a part of Module 4 of the Work Stress Programme.

 10 minutes

 Print pages 4 to 5 of this worksheet

 Have a question? Send a mail to help@mindn.ai

 The information on this worksheet is not intended or implied to be a substitute for professional medical advice, diagnosis, or treatment.

Negative emotions aren't always bad. Anything that exists has a purpose, so do your negative emotions. While they are difficult to experience, they can provide important information that will help your growth and development.




Here are some things you can learn from your negative emotions:

- They signal something is wrong or requires change.
- They motivate you to take the necessary steps to change your situation.
- They provide insights into how you think, feel and behave.

You never see your emotions this way, do you?; like many of us, you too define them by the discomfort they cause you. Being self-compassionate means acknowledging your negative emotions and rephrasing them in a more supportive and kind way.

Cognitive restructuring involves changing the way you speak and behave to induce a more positive and constructive perspective to stressful experiences. Rephrasing thoughts can help you gain clarity into how you are feeling and reduce the intensity of your negative emotion. Managing your negative emotions this way can lead to an increased overall well-being.

INSTRUCTIONS

-  Stop and pause for a moment to pay attention to a thought that is causing you significant distress. Isolate the thought and write it down.
-  Identify the distress level induced by these thoughts on a scale of 1 to 10.
-  Refer to the sample worksheet to reframe this thought when you do the empty worksheet provided for you.

 **SAMPLE WORKSHEET**

- Write down the thought that has been distressing you. Identify the negative emotions it is creating.

My teammate came up with an innovative solution to a problem we were trying to tackle. Everyone was praising her. I felt a little jealous. Even though the problem was a hard one, I still felt disappointed in myself for not having come up with a way to solve it.

- Mark the level of distress it causes you from a scale of 1 – very little distress to 10 – extreme distress.

1 2 3 4 5 6 7 8 9 10

- Reframe your thought to focus on the positives and avoid thinking in extremes. Write down your rephrased thoughts here.

It was a difficult problem to tackle. It is pretty amazing that she solved it. I can learn from her and understand what she tried differently.

- Once again, try to measure the level of distress this situation is causing you, now that you have rephrased your thoughts.

1 2 3 4 5 6 7 8 9 10

TO BE FILLED

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Everyday application!

Remember, changing negative thoughts to positive thoughts is not a process that happens overnight. Please be patient while practising this exercise. Use this table as your guidebook to develop the proper language for reframing to convert negative thoughts to positive ones.

NEGATIVE THOUGHTS	REPHRASED THOUGHT
"I have to work on this project all weekend. I am so sick of this."	"I can plan my time well and work effectively to create enough time for myself."
"My manager does not value my work."	"I will continue to ask for feedback and work on improving my skills."
"I am such a failure. I embarrassed myself in front of everyone."	"I made a mistake, but that is okay. It happens. I can learn from it and improve myself at work."



RELATED WORKSHEETS

01

Overcoming Negative Thinking

Work Stress, Module 4

02

Negative Thought Journal

Work Stress, Module 4

03

Be Okay 'Not Knowing'

Work Stress, Module 14



RELATED INFOSHEETS

01

The Emotional Wheel

Work Stress, Module 4

02

Taming The Inner Critic

Work Stress, Module 4