



Thought Reframe Sheet

Shifting perspective--gently and truthfully

Before You Begin

When we experience financial disruption, our thoughts can become:

- critical
- fearful
- absolute

This is not about replacing your thoughts with “positive thinking.”

It's about **seeing them clearly-- and allowing a more supportive perspective to emerge.**

Take a breath before you begin.

This isn't about positive thinking. It's about finding a perspective that is both honest and supportive.



Part 2: How This Thought Feels

When I think this, I feel:

- Anxious
- Discouraged
- Ashamed
- Stuck
- Overwhelmed
- Other: _____



Part 3: Is this Thought Absolute?

Gently question the thought-- not to dismiss it, but to understand it.

Is this thought completely true all the time?

- Yes
- Not always
- I'm not sure

Part 4: What Might Also Be True?

Without forcing positivity:

Is there another perspective that could also be true?

Example:

“I’ve failed” → “I’m rebuilding after a difficult experience.”

Now write your own:



Part 6: What Changes When I Shift This Thought

When I consider this new perspective, I feel:

- A little calmer
- More open
- Less stuck
- Still unsure, but softer
- Other: _____

Part 7: One Gentle Reminder

When the original thought returns, I can remind myself:



Closing Reflection

You don't need to force yourself to believe something new immediately.

But you can begin to:

- question what feels absolute
- allow space for a different perspective
- speak to yourself with more steadiness

This is where change begins.

Your thoughts...
