

Holly's Positive Reframing List\*

<p><b>Advantages:</b> What are some advantages or benefits of your negative thoughts and feelings? How they might help, protect, or benefit you?</p>	<p><b>Values:</b> What do your negative thoughts and feelings show about you that's beautiful, positive and awesome? How do your negative thoughts and feelings reflect your core values?</p>
<p>1. My feelings of inferiority keep me humble.</p>	<p>1. My negative thoughts and feelings show that I'm not naive.</p>
<p>2. My high standards have motivated me—I'm the first person in my family to have finished graduate school.</p>	<p>2. They also show that I have high standards.</p>
<p>3. My high standards have motivated me to work hard and to keep learning.</p>	<p>3. My self-criticisms show that I'm open to learning, and aware of all that I don't know.</p>
<p>4. My anxiety protects me from making more bad choices, and reminds me to listen to my gut feelings.</p>	<p>4. My anger shows that I have a moral compass and a sense of justice.</p>
<p>5. My self-criticisms remind me not to judge the people I'm trying to help.</p>	<p>5. My sadness and depression show my acknowledgement and awareness of the painful times I've endured.</p>
<p>6. My suffering helps me connect with my patients at a deeper level.</p>	<p>6. My depression shows my intense passion for life and for the kind of life I really want for myself.</p>
<p>7. My suffering helps me to be more loving.</p>	<p>7. My suffering and self-criticisms show that I'm realistic, and that I'm authentic, since I do have flaws.</p>
<p>8. My anger motivates me to speak up.</p>	<p>8. My depression shows my dignity and my self-awareness.</p>
<p>9. My depression motivates me to keep looking for the positives in life.</p>	<p>9. My concerns about what others might think about me shows that I want loving relationships.</p>
<p>10. My self-consciousness keeps me professional and appropriate.</p>	<p>10. My self-criticisms, such as telling myself that I'm fat, ugly, and stupid, show that I want to offer something good to others!</p>