

Marilyn's Positive Reframing List*

Feelings	Advantages and Core Values What does this type of feeling show about me and my core values that is positive and awesome? What are some benefits of this feeling?	Is this true?	Is this important?
Sad / depressed	Shows that I'm realistic.	Yes	Yes
	Helps me be more compassionate about the suffering of others	Yes	Yes
	Shows my passion for life, and what I'm losing.	Yes	Yes
	Is appropriate, given what I've been going through.	Yes	Yes
	Gives me gratitude for what I have.	Yes	Yes
	Is also totally appropriate, given the current political climate!	Yes	Yes
Anxious / afraid	Keeps me alert.	Yes	Yes
	Helps me comply with my medication.	Yes	Yes
	Motivates me to live a healthy lifestyle and take care of myself.	Yes	Yes
Ashamed / guilty	Shows that I have high standards.	Yes	Yes
	Shows that I'm a seeker.	Yes	Yes
	Shows that I'm honest and straightforward about my failures.	Yes	Yes
	Shows my commitment to my deepest values.	Yes	Yes
	Shows that I want to be a better person.	Yes	Yes
	Shows that I'm humble.	Yes	Yes
Inferior / defective	Shows that I am honest and my flaws and failures.	Yes	Yes
	Shows that I am accountable, rather than blaming others, or blaming the world.	Yes	Yes

Advantages and Core Values of my Negative Feelings (cont'd)			
Lonely / alone	Shows that I care a great deal about my relationships with people.	Yes	Yes
	Shows that I also care a great deal about animals and nature,	Yes	Yes
humiliated / foolish	Shows that I care about what other people think, and want them to like me and approve of me.	Yes	Yes
Hopeless / discouraged	Protects me from getting my hopes up, and then feeling disappointed when the cancer has not disappeared.	Yes	Yes
	Shows my intense love for life.	Yes	Yes
	Shows that I'm being honest and facing the truth.	Yes	Yes
	Motivates me to find meaning in my life and to do meaningful things with the time that I have left.	Yes	Yes
Frustrated / stuck	Shows my courage, my grit, and my determination not to give up.	Yes	Yes
Angry / upset	These feeling are realistic!	Yes	Yes