

Positive Reframing Table*

Instructions. Review the negative thoughts and feelings on your Daily Mood Log, one by one, and fill in the right-hand column. Some negative thoughts or feelings may have advantages, some may have core values, and some will have both advantages *and* core values.

Thought or Feeling	Advantages and Core Values—Ask yourself:
List each negative thought or feeling you are analyzing here. Work on them one at a time.	<ol style="list-style-type: none"> 1. What are some advantages, or benefits, of this negative thought or feeling? 2. What does this negative thought or feeling show about me and my core values that is beautiful, positive and awesome?
1. sadness and depression	<p>My depression shows my love for my son.</p> <p>My depression shows that I value connection.</p> <p>Some sadness and depression are totally appropriate.</p> <p>These feelings have motivated me to try to solve the problem of my social anxiety and to take an enormous risk in front of more than 100 people.</p> <p>These feelings show how much this matters to me.</p>
2. anxiety	<p>My anxiety keeps me cautious and protects me and my son.</p>
3. shame	<p>My shame shows that I have a moral compass.</p> <p>My shame tells me that some changes are needed.</p>
4. worthlessness	<p>My feelings of worthlessness show that</p> <ul style="list-style-type: none"> • I'm honest about my shortcomings. • I have high standards that have motivated me to learn, to grow, and to do a great deal for my son. • I'm realistic about my flaws. • I'm accountable. • I'm humble and not grandiose or arrogant. Humility is a spiritual quality. • I'm likable. • I have high standards. • I'm aware of my shortcomings.

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5. loneliness	This feeling shows <ul style="list-style-type: none">• how important it is to me to meet his needs.• how much I love him and care about his happiness.
6. self consciousness	This feeling shows that <ul style="list-style-type: none">• I care about everybody who's here tonight and want to do a good job.• I have a sense of responsibility and don't dismiss my role in things.