**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.

<table>
<thead>
<tr>
<th>Thought or Feeling</th>
<th>Advantages and Core Values—Ask yourself:</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>1. What are some advantages, or benefits, of this negative thought or feeling?</td>
</tr>
<tr>
<td></td>
<td>2. What does this negative thought or feeling show about me and my core values that is beautiful, positive and awesome?</td>
</tr>
</tbody>
</table>

1. **sadness and depression**
   - My depression shows my love for my son.
   - My depression shows that I value connection.
   - Some sadness and depression are totally appropriate.
   - 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.
   - These feelings show how much this matters to me.

2. **anxiety**
   - My anxiety keeps me cautious and protects me and my son.

3. **shame**
   - My shame shows that I have a moral compass.
   - My shame tells me that some changes are needed.

4. **worthlessness**
   - My feelings of worthlessness show that
     - 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  
  • 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  
  • 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. |