

Positive Reframing Table*

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

The positives listed in ALL CAPS are suggestions by Dr. Burns, which Bridget liked.

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. Unhappy	<ul style="list-style-type: none"> • Motivates me to improve my life – home improvements, work on relationship, work on mental health, find better job, etc. • Shows that I value hard work & someone who can support themselves • SHOWS MY PASSION FOR WHAT I’VE LOST OR DO NOT HAVE
2. Inferior	<ul style="list-style-type: none"> • Motivates me to set goals for myself & work on myself • SHOW MY HUMILITY • SHOWS THAT I’M HONEST IN EVALUATE MY STRENGTHS AND WEAKNESSES • SHOWS THAT I NOTICE AND ADMIRE THE SKILLS OF OTHERS
3. Alone	<ul style="list-style-type: none"> • Shows that I am unique & willing to stand my ground for what I believe in. I like that I am not like everybody else. • MIGHT SHOW THAT HOW MUCH I VALUE AND DESIRE LOVING AND GENUINE RELATIONSHIPS
4. Discouraged/despairing	<ul style="list-style-type: none"> • Shows that I have standards on how I want my life to be • SHOWS THAT I AM HONEST IN EVALUATING MY LIFE, INCLUDING THINGS I WANT BUT DO NOT HAVE • MIGHT SHOW THAT I’M A CRITICAL THINKER, AND NOT A POLYANNA

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<p>5. Frustrated because of this Negative Thought: She gets to live this happy life after how she's manipulated and treated people poorly for years.</p>	<ul style="list-style-type: none"> • Shows that I value honesty, humility and hard work. • Shows I have a moral compass. • SHOWS THAT I HAVE NOT GIVEN UP ON MY GOALS AND WHAT I WOULD LIKE TO HAVE IN MY OWN LIFE
<p>6. Angry, mad, resentful, annoyed, irritated, upset</p>	<ul style="list-style-type: none"> • Shows I have high standards on how people behave & treat others • My anger encourages me to express my feelings more with others which can result in us becoming closer. • SHOWS THAT I HAVE A MORAL COMPASS AND A STRONG SENSE OF JUSTICE AND INTEGRITY
<p>7. Jealous: While I'm at work, she's probably sitting by her pool enjoying life.</p>	<ul style="list-style-type: none"> • Shows that I value my free time, enjoying life, and being happy • SHOWS THAT I STRONGLY DESIRE MANY OF THE THINGS THAT I DO NOT HAVE, AND WILLINGLY ADMIT THAT
<p>8. She's probably fooled everyone into thinking she's this great person.</p>	<ul style="list-style-type: none"> • SHOWS THAT I'M NOT GULLIBLE AND CAN SEE THROUGH PEOPLE WHO ARE NOT GENUINE, PEOPLE WHO USE AND MANIPULATE OTHERS FOR THEIR OWN GAIN • THIS SENSITIVITY CAN PROTECT ME FROM BEING TAKEN ADVANTAGE OF, TOO