

Jillian's Positive Reframing Table*

<p>Thought or Feeling List your negative thoughts or feelings, one by one, in this column.</p>	<p>Advantages and Core Values--Ask yourself</p> <ul style="list-style-type: none"> • What are some advantages of this thought or feeling? How might it help, protect, or benefit me? • What does this negative thought or feeling show about me that is positive and awesome? How does it reflect my core values?
Feelings / Emotions	
Sadness	Shows my humanity
	Gives me compassion for my patients who are suffering
Anxiety, nervousness	Keeps me on my toes
	Keeps me alert to danger
Fear that my patients will leave me and judge me if I don't know all the answers.	Shows that I want to connect with others.
Inferiority, inadequacy	Shows humility
	Shows I am honest about my flaws
	Makes me approachable.
Anger with patients who do not follow my advice	Shows how much I care about them Shows my concern Shows that I believe in them.
Frustration with patients who don't follow my advice	Shows that I never throw my hands up and give up on them
Negative Thoughts	
Nothing I do makes a difference.	Shows how much I care about others
	This thought has motivated me, and I've achieved a lot because of it. I've gotten extra training and many specialty certificates.
	Shows my love of learning and my passion for healing.

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	Show I'm persistent and always adapting.
	Shows I'm trying to make a difference.
	Shows my high standards
	My high standards have motivated me