

Michelle's Positive Reframing Table*

Thought or Feeling List your negative thoughts or feelings, one by one, in this column.	Advantages and Core Values--Ask yourself
	<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?
Anxiety	Drives me to prepare
	Protects me from the stressful situations I'd have to confront
	Protects me from criticisms
	Shows that I have high standards
	Motivates me to work hard and accomplish a lot
	Shows I care about others' opinions
	Shows I care about Jill and David
	Shows how much I respect Jill and David and want to give them something of value
	Show I want to contribute and help others
	Shows that I care about David and Jill and want to give the something positive
	Shows I want to contribute and help
People will think I'm selfish and self-preoccupied	Shows that I see others as equal.

	Shows that I'm humble.
	Shows that I want others to benefit from my live work.
	Shows that I'm thoughtful
	Shows that I want to connect with others.
Feelings of incompetence	Shows that I don't put myself above others
	Shows that I value the expertise of others
	This feeling drives me to work
	Shows that I have integrity and know that I'm not perfect

Michelle's Emotions Table at the end of Positive Reframing, showing her goal for each emotion.

Emotions	% Now	% Goal	% After	Emotions	% Now	% Goal	% After
Down	40	5-10		Embarrassed, foolish, self-conscious	100	5	
Anxious, panicky	100	20-30		Discouraged	70	0	
Inferior, inadequate, incompetent	90	25		Frustrated, stuck	80	10	
Lonely	80	0		Angry, mad, resentful, annoyed, irritated, upset, furious	60	0	