

Nazli's Positive Reframing Chart*

Feeling	Positives
Anxious	Shows that I care a lot about my patients and my job
	Shows that I have high standards and want to do my best
	Shows that I want to minimize my mistakes and make sure I don't hurt my patients
	This feeling motivated me to attend the workshop and volunteer for the live TEA-CBT demonstration!
	Expression of self-love
Ashamed, bad	Shows that I'm good-hearted
	Shows that I want to protect myself and my patients
	Shows that I'm accountable
	Shows that I'm humble
Inadequate	This feeling is motivating
	Shows that I'm honest with myself
	Shows that I want to improve
	Shows that I'm human and vulnerable
Hopeless	Motivates me to reach out and ask for help
	Shows I'm a critical thinker and not gullible
	Makes me cautious so I don't take risks
	Protects me from disappointment and failure
	If I give up and don't try, it keeps me in my comfort zone
Angry	Shows that I value myself
	Shows that I'll stick up for myself.

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