

Name:

Date:

### 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.

<b>Thought or Feeling</b> List each negative thought or feeling you are analyzing here. Work on them one at a time.	<b>Advantages and Core Values—Ask yourself:</b> 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.	
2.	
3.	
4.	
5.	

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Continue on Reverse

Thought or Feeling	Advantages and Core Values
6.	
7.	
8.	
9.	
10.	
11.	