

PRACTICE GUIDE

CBT Reframe

Trade a harsh thought for a truer one

*"Finally, brothers and sisters, whatever is true... think about such things." --
Philippians 4:8*

Cognitive Behavioral Therapy teaches that our thoughts shape our feelings. This practice interrupts automatic negative thinking by asking one gentle question: what's the kinder, truer version of this thought?

THE PRACTICE

- 1 Write the harsh thought**
Don't soften it -- get it out exactly as it sounds in your head.
- 2 Ask the question**
"What is the kind, truer thought that includes the whole story?"
- 3 Say the new thought aloud**
Speaking it out loud helps your brain begin to believe it.
- 4 Repeat as needed**
One reframe a day is enough to build the habit over time.

TIP

You're not telling yourself everything is fine. You're telling yourself the truth -- which is often bigger than the fear.