PainGuide Reframing Worksheet

Practice reframing your thoughts

This worksheet on reframing negative thoughts may help you:

- Become aware of what situations make you feel frustrated, angry, sad, or guilty
- Practice reframing your thoughts as positive ones. If you reframe painful negative thoughts, you may not feel the physical and emotional effects that negative automatic thoughts may have on you
- Talk with your healthcare provider about negative thoughts

Start by reading the following example. Then, using the four reframing steps, fill out the worksheet with your own experience.

STEP 1	STEP 2	STEP 3	STEP 4
Identify the situation that causes negative thoughts	Describe your negative thoughts	Describe your emotions	Reframe your thoughts
I haven't done laundry ín weeks. It must hurts too much.	I'm a terríble wífe I can't do anythíng anymore My husband will be angry with me	Guílt worthlessness anxíety	Having pain is not my fault and does not mean I'm a bad person There are many things I can do; but laundry is not one of them If I explain to my husband about my pain and ask for help he will understand

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