

# REFRAME Your Thinking

Complete this activity for each self-limiting thought.

**R**-Realize psychological pain is normal (Hayes, 2005)

**E**-Explore new, alternative ways of your present situation or thought

**F**-Focus on what's most meaningful for you (goals/outcome)

**R**-Remember consequences and costs of old behavioral patterns or thoughts

**A**-Accept the existence of the reality of your problems

**M**-Make a commitment to change your thinking and behavioral response towards your goal

**E**-Expect you can change your thinking into a healthier style by being observant rather than entangled in your emotions.

What thought are you struggling with the most? What's the story it tells you?

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After using the REFRAME technique, what is your revised thought?

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Expect to experience freedom from the self-limiting thought, and encourage yourself to use your revised thought.

