

Negative automatic thoughts – reframe!

Our thoughts run through our heads in a continuous stream all day. They ‘pop’ into our heads and they affect how we feel and behave.

Negative specs! How do you see the world when you look through these negative specs?

How do you:

See yourself?	Judge yourself?	See the future?
1.		
2.		
3.		

Now put on the positive specs – reframe each of the above negative automatic thoughts.

1.		
2.		
3.		



Photocopiable:

Developing Emotional Literacy with Teenagers, 2nd edition © Tina Rae, 2013 (SAGE)