

# Reframing Negative Thinking



Reframing is an easily accessible psychological tool to help you engage in a healthier mindset. It is very simply about finding alternative ways to think about something, particularly when stuck in negative thought cycles. As you shift your thoughts, there is a change in emotional tone and the meaning that is given to your life circumstances. You can choose to move your experience from a negative frame to a more hopeful one, which allows an expanded view of your reality.

For example:

Negative thought:

I WILL NEVER NOT FEEL THE PAIN OF MISCARRIAGE

Reframe:

THE PAIN OF MISCARRIAGE IS REAL; THIS IS NOT MY FINAL FEELING

Negative thought:

IT'S NOT FAIR THAT A FRIEND HAS MADE A PREGNANCY ANNOUNCEMENT; MY JEALOUSY IS SIGNIFICANTLY BIGGER THAN MY HAPPINESS

Reframe:

PREGNANCY ANNOUNCEMENTS ARE DEEPLY TRIGGERING, AND MY JEALOUSY IS A HUMAN RESPONSE GIVEN MY DESIRE TO HAVE A BABY

Negative thought:

IT JUST ALL FEELS SO HOPELESS; I WILL NEVER GET PREGNANT

Reframe:

THE UNKNOWNNS OF MY HOPES FOR A FAMILY ARE SO HARD TO SIT WITH. I WISH I COULD SEE INTO THE FUTURE; HERE ARE SOME THINGS I DO KNOW FOR CERTAIN RIGHT NOW (...LIST THEM!)

What thought cycles do you find yourself getting easily stuck with? List them, and try to find some reframes for them. You might find it beneficial to pin the reframes in a place where you see them often, as a reminder to absorb these in your thoughts.



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