

5 Minute Thought Re-frame Worksheet

Use this quick worksheet anytime you feel stuck in a negative or stressful thought. In just five minutes, you can shift your perspective, calm your mind, and choose a more supportive thought.

1. Notice the Thought

What thought is causing stress or discomfort?

2. Label the Feeling

What emotion do you feel when you think this thought?

3. Check the Facts

Is this thought fully true, partly true, or a fear or assumption?

4. Choose a Helpful Angle

What is a kinder, more balanced, or more realistic way to view this situation?

5. Create a New Thought

What supportive thought can you replace the original with?

Reflection

How does your body or mood shift after reframing the thought?
