

# Cognitive Reframing: Identifying Mental Patterns

Identify 4 repetitive negative thoughts or stories you regularly have. Then replace each one with a more constructive thought or story. When the negative thought/story arises, put the replacement into practice. .

## Reoccurring Negative Thoughts or Stories:

1 \_\_\_\_\_

3 \_\_\_\_\_

2 \_\_\_\_\_

4 \_\_\_\_\_

## Constructive Replacements to put into Practice

1 \_\_\_\_\_

3 \_\_\_\_\_

2 \_\_\_\_\_

4 \_\_\_\_\_