



Mental Reframing

Reframing is a way of changing the way we react to an automatic thought or memory. Sometimes our memories cause reactions and thoughts that are automatic. These automatic memories and their associated negative feelings can interfere in our life. We can slowly reduce the negative feelings associated with these memories by reframing them.

Hit the pause button
Identify the trigger or the memory
What are you feeling?
Was your feeling justified?
Can you recognize a memory related to the thought?
How is this thought affecting your life?
Generate an alternative thought
Rate the emotional response to the alternative thought
How might this alternate thought affect your life?

Select a negative thought, or memory. Now imagine a different scenario, see the situation as you would like, feel the associated emotions. Studies show that visualization fools the brain and creates results as if it was real. Go through the exercise three days for a week reframing and visualizing a negative memory or automatic negative thought. Keep Learning!