

How to Reframe Negative Thinking

Reframing negative thoughts can make a significant, positive change in your mental wellbeing.

Negative thoughts can hinder your ability to function in everyday life when it is habitual. It can seem challenging to reframe negative thinking, but with some straightforward techniques, you can work towards making the positive impact. The goal isn't to never have negative thoughts, but to manage them so they don't overwhelm you.

Steps to reframe negative thoughts:

1

Notice your negative thought

you may not be aware of when a negative thought persists. Reframing negative thoughts starts with learning how to recognize them.

2

Examine the evidence

Challenge the negative thought by weighing the evidence of your interpretation of the situation. Often your negative thoughts are based more on feels rather than facts.

3

Positive thoughts

For each negative thought, try to think of a positive counterpart. This will help view the situation in a balanced way instead of only thinking of the negatives.

Incorporating these steps when you have negative thoughts can reduce your stress and anxiety.

