



Divine Solutions for Life, Inc.

Holistic Solutions for Your Mental, Spiritual, and Physical Well-being

www.divinesolutions-forlife.com

ajmcgregor@divinesolutions-forlife.com

770-648-4839

A 501(c)(3) Nonprofit Organization

THOUGHT REFRAMING WORKSHEET

PURPOSE

Our thoughts shape how we feel and act. Negative or distorted thoughts often fuel anxiety, sadness, or anger. Reframing is the process of examining those thoughts and replacing them with more truthful, balanced ones.

WHY THIS PRACTICE HELPS

- Reduces emotional intensity by challenging distortions.
- Encourages truth-based thinking instead of automatic reactions.
- Promotes healthier behaviors through renewed perspective.

COMMON THINKING DISTORTIONS

- All-or-Nothing Thinking: “If I don’t succeed completely, I’m a failure.”
- Catastrophizing: “If I make one mistake, everything will fall apart.”
- Mind Reading: “They must think I’m incompetent.”
- Overgeneralization: “This always happens to me.”
- Personalization: “It’s my fault things went wrong.”

REFLECTION SCRIPTURE

“We take captive every thought to make it obedient to Christ.” – 2 Corinthians 10:5

THOUGHT REFRAMING TOOL

Thought Emotion (0-10)	Evidence For	Evidence Against	Balanced Thought
project.” Anxiety 8/10	I made mistakes before.	I’ve succeeded in similar projects; I prepared.	“I may make mistakes, but I can learn and do well overall.”