

Fold me

"Change the way
you feel by
changing the way
you think"
- *Christine Pedesky*

COGNITIVE REFRAMING: A STRESS MANAGEMENT TECHNIQUE



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 Varies

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What is cognitive reframing?

Cognitive restructuring is a useful technique for understanding unhappy feelings and moods, and for challenging the sometimes-wrong "automatic beliefs" that can lie behind them. As such, you can use it to reframe the unnecessary negative thinking that we all experience from time to time. Bad moods are unpleasant, they can reduce the quality of your performance, and they undermine your relationships with others. Cognitive restructuring helps you to change the negative or distorted thinking that often lies behind these moods. As such, it helps you approach situations in a more positive frame of mind.

Applications

Cognitive restructuring has been used successfully to treat a wide variety of conditions, including depression, Post-Traumatic Stress Disorder (PTSD), addictions, anxiety, social phobias, relationship issues, and stress.

HOW TO

Step 1: Hit the pause button. ...

Step 2: Identify the trigger. ...

Step 3: Notice your automatic thoughts. ...

Step 4: Identify your emotional reaction and note how intense it is. ...

Step 5: Generate alternative thoughts. ...

Step 6: Re-rate the intensity of your emotional response.

Notes

Use this space for self-reflection.

