MINDLIFT · CBT WORKSHEET

Reframing Worksheet

Date _____

Use it when the thought lands. Two minutes is enough. Write all three answers, even the one that feels pointless.

What was happening

The thought, word for word *not the tidy version*

The shape it took *tick one or two*

☐ All-or-Nothing Thinking ☐ Catastrophizing ☐ Mind Reading ☐ Fortune Telling ☐ Emotional Reasoning ☐ Should Statements
☐ Labeling ☐ Personalization ☐ Mental Filter ☐ Overgeneralization

How much I believe it (0–10) 0 1 2 3 4 5 6 7 8 9 10

R Realist answer *What do I actually know, and what did I fill in?*

G Growth answer *If this were true, what would the next hour look like?*

C Compassionate answer *Would I let anyone speak to someone I love like this?*

How much I believe it now (0–10)

0 1 2 3 4 5 6 7 8 9 10

Which answer landed?

MINDLIFT · CBT WORKSHEET · WORKED EXAMPLE

Reframing Worksheet

Date _____

Use it when the thought lands. Two minutes is enough. Write all three answers, even the one that feels pointless.

What was happening

11:40pm. Sent a long message four hours ago. It's been read; no reply.

The thought, word for word *not the tidy version*

"I said too much. She's tired of me."

The shape it took *tick one or two*

- [ ] All-or-Nothing Thinking
- [ ] Catastrophizing
- [x] Mind Reading
- [ ] Fortune Telling
- [ ] Emotional Reasoning
- [ ] Should Statements
- [ ] Labeling
- [ ] Personalization
- [ ] Mental Filter
- [ ] Overgeneralization

How much I believe it (0–10) 0 1 2 3 4 5 6 7 **8** 9 10

R Realist answer *What do I actually know, and what did I fill in?*

She read it at 21:14. That's the entire evidence base. I supplied "too much," I supplied "tired of me," and I supplied a reason for a four-hour gap on a Tuesday night.

G Growth answer *If this were true, what would the next hour look like?*

Say I did overshare. Then the move is one normal message tomorrow, not a paragraph of apology tonight. Oversharing is a thing I did, not a category I live in.

C Compassionate answer *Would I let anyone speak to someone I love like this?*

I reached out to someone on a night I was lonely. That's not a mistake I need to apologize for at midnight.

How much I believe it now (0–10)

0 1 2 3 **4** 5 6 7 8 9 10

Which answer landed?

Realist. Compassionate bounced off tonight.