

#4 Handout

# Reframe My Thoughts

When you put your thoughts to paper it actively separates yourself from them and gives you the space to know – *you are not your thoughts.*

**Instructions:** Think of a challenge you are having at the moment and write using the following prompts:

**Awareness**

Describe every piece of your challenge.

**Reflect**

Reflect on your thinking without judgement.

**Challenge**

Can you replace any unhelpful thoughts?



**Mind 4 Health**