

## Example Positive Reframing List\*

<b>Advantages:</b> What are some advantages or benefits of your negative thoughts and feelings? How they might help, protect, or benefit you?	<b>Values:</b> What do your negative thoughts and feelings show about you that's beautiful, positive and awesome? How do your negative thoughts and feelings reflect your core values?
1. My feelings of inferiority keep me humble.	1. My negative thoughts and feelings show that I'm not naïve.
2. My high standards have motivated me—I'm the first person in my family to have gone to college.	2. They also show that I have high standards.
3. My high standards have motivated me to work hard and to keep learning.	3. My self-criticisms show that I'm open to learning, and aware of all that I don't know.
4. My anxiety protects me from making more bad choices, and reminds me to listen to my gut feelings.	4. My anger shows that I have a moral compass and a sense of justice.
5. My self-criticisms remind me not to judge the people I'm trying to help.	5. My sadness and depression show my acknowledgement and awareness of the painful times I've endured.
6. My suffering helps me connect with my patients at a deeper level.	6. My depression shows my intense passion for life and for the kind of life I really want for myself.
7. My suffering helps me to be more loving.	7. My suffering and self-criticisms show that I'm realistic, and that I'm authentic, since I do have flaws.
8. My anger motivates me to speak up.	8. My depression shows my dignity and my self-awareness.
9. My depression motivates me to keep looking for the positives in life.	9. My concerns about what others might think about me shows that I want loving relationships.
10. My self-consciousness keeps me professional and appropriate.	10. My self-criticisms, such as telling myself that I'm fat, ugly, and stupid, show that I want to offer something good to others!