Phrases to Reframe Thinking

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I contributed to this by <...>

I can influence this in a more helpful way if I <...>



Framing problems in a negative way is called Red Framing. If we want to create a more positive reaction to stress, attempt at Green Framing problems with these questions.

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Thinking that cause us to jump to conclusions

1. Them, Them, Them

Believing other people are the sole cause of every challenge.

2. Me, Me, Me

Believing that you are the sole cause of every problem you encounter.

3. Mind-Reading

are thinking, or expecting another Assuming you know what others person to know what you are 4. Always, Always, Always thinking.

unchangeable and out of your Believing that events are control.



Thinking Traps

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