



Positive Thought Log

Helping Build Resilience through Reframing Negative Thoughts

Becoming aware of your thoughts helps you understand your feelings, beliefs, and your approaches to different life situations. By identifying and acknowledging when you are having a negative thought, you can start to look at those thoughts in a new way. Write down your negative thought. Think about how you might change the thought to create a new, positive perspective. You might find that being aware of your thoughts will help you understand why you behave or react the way you do in a given situation.

Negative Thought:

New Positive Thought:

Negative Thought:

New Positive Thought:
