

# On the Flip Side

## Reframing Your Inner Voice

This worksheet is designed to support you in shifting negative thinking patterns.

It may help you:

- Recognize situations that trigger feelings like frustration, sadness, anger, or guilt. This structure can be helpful to understand all types of emotions and experiences.
- Explore how to reframe difficult thoughts into more constructive or balanced ones.

### 1 Identify the situation that causes negative thoughts

*"Finals week is coming up and I have been struggling in a specific course."*

### 2 Describe your negative thoughts

*"I'm going to fail. I am not as smart as everyone else in the class."*

### 3 Describe your emotions

*"Anxious, frustrated, overwhelmed."*

### 4 Acknowledge your feelings and reframe your thoughts

*"I am feeling anxious because my academic success matters to me. I am smart and capable of doing hard things."*