

Directions: 1) Challenge the "original" thought and reframe with a new, more objective thought.  
2) Choose a thought you have that you'd like to challenge and reframe with a new thought.

**Original:**

*Johnny whines the moment he arrives and continues throughout the day. He doesn't like being here.*

**Reframed:**

*Johnny must miss his family. It takes time to adjust...*

**Original:**

*Sally clings to her parents at drop-off and to certain teachers. She does not seem interested in me.*

**Reframed:****Original:****Reframed:**