

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:**