

Reframing Cheat Sheet (A4 Landscape)

Reframing aims for accurate-and-kinder wording — not toxic positivity. Use these quick swaps to loosen harsh patterns.

Pattern	Harsh Thought	Kinder Reframe
All-or-nothing	"I've failed again."	"I struggled today — and I can try one small step next."
Mind-reading	"They think I'm useless."	"I don't actually know. I can check or give myself the benefit of the doubt."
Catastrophising	"This will ruin everything."	"It's hard, and I can handle the next bit."
Shoulds	"I should be over this by now."	"Healing has no fixed timeline. I'm moving at my pace."
Personalisation	"It's all my fault."	"Many factors are in play. I own my part — not all of it."

Try reading the reframe out loud with a longer exhale. If it feels false, soften it until it's believable.