

Reframe Negative Thinking



Reframe Your Negative Thinking

What to Know

Negative thinking is a habit. That is bad and good news. The bad news is we are responsible for our negative thinking. The good news is that we can then change it. If you often find yourself looking only at the negative side of things? When you hear about something good, do you immediately think, "Yes, but..." and discount the positive aspect?

One way to develop a more balanced outlook is by using the tool called "add a but." This tool involves following your "negative but" with a "positive but," and then considering a middle path. Here's how it works:

Negative Perspective: "Yes, but..." This perspective often highlights the worst-case scenario and focuses on problems.

Positive Perspective: "Yes, but..." This perspective shifts the focus to solutions and positive aspects.

Middle Path Perspective: This perspective balances both the negative and positive aspects, leading to a more realistic and flexible viewpoint.

By practicing this technique, you can train your mind to recognize and appreciate the positive aspects of any situation while also considering the challenges. This balanced approach can lead to a more optimistic and realistic perspective on a path of personal development.

What to Do

First become aware of negative or discounting "buts" when you are presented with a positive situation or information. In the following table, write down a positive statement, event, or situation and your automatic or habitual negative response or thought. Then, add a positive "but" to counter the negative "but." Fill in the following chart for two weeks.

What are the most common situations that trigger your negative thinking?

How difficult was it to see the positive side of a situation? How did you manage to do this?

After completing this exercise do you feel that you are more positive?

What difference does this make in your life?

Was there a significant take away from this worksheet? If so what?

