

This worksheet on reframing negative thoughts may help you:

- Start by reading the following example. Then, using the four reframing steps, fill out the worksheet with your own experience.**

STEP 1	STEP 2	STEP 3	STEP 4
Identify the situation that causes negative thoughts	Describe your negative thoughts	Describe your emotions	Reframe your thoughts
I haven't done laundry in weeks. It just hurts too much.	<ul style="list-style-type: none">• I'm a terrible wife• I can't do anything anymore• My husband will be angry with me	<ul style="list-style-type: none">• Guilt• Worthlessness• Anxiety	<ul style="list-style-type: none">• Having MS is not my fault, and it does not mean I am a bad person• There are many things I can do without help, but laundry is not one of them• If I explain to my husband about my pain and ask for his help, he will understand

This worksheet on reframing negative thoughts may help you:

- Become aware of what situations make you feel frustrated, angry, sad, or guilty
- Practice reframing your thoughts as positive ones. Framing here feels a little confusing/negative. Suggest we relook at this line if we decide to update
- Talk with your healthcare professionals about negative thoughts

[illegible]