

Name:	
Instructions:	
1.) Complete the right column by filling in your positive reframed response.	
2.) Challenge yourself to list more than one reframed response for each comment.	
Positive Reframing Examples	
Comment	Reframed Response
It's a problem.	
We have already tried that.	
This has been a failure.	
This will set us back.	
This didn't go as planned.	
We don't have time for that.	
I don't see the positives.	
Ignore them. They are always seeking attention.	
There are too many limitations.	
There is so much to learn.	
They are difficult people.	
Nothing ever changes.	

I'm freaking out.	
So much is going on.	
Life is hard.	
I don't understand why this happened.	
I don't feel anyone listens to me.	
They aren't interested in getting involved.	
I don't think I can do it.	
I need help.	
This first day is not going well.	
Decisions are always made without me.	
No one seems welcoming or friendly.	
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