

REFRAME THE SITUATION

TRANSFORM STRESS TO NEUTRAL OR POSITIVE

To help you meet your goal of sleeping at night, this worksheet will assist you in adjusting the way you think of situations. Once you reframe them to a positive or neutral position, you can let them go, and get the sleep your brain and body need to refresh for the next day. The goal is to give you a more productive way to handle stress during the day as well as be able to release it once the event has occurred.

EVENTS

WHAT HAPPENED

HERE'S WHAT YOU THINK

CONSEQUENCES: FEELINGS,
THEN, ACTIONS TAKEN
