

Daily Reframe Journal

This journal is your daily space to pause, breathe, and gently shift the way your mind interprets your experiences. Each question helps you slow down and look at your thoughts with more clarity, curiosity, and self-compassion. Think of this as a simple daily ritual that supports emotional resilience and steadier, kinder inner dialogue.

1. Situation Snapshot

What happened?

When did it happen?

Who was involved?

Write it out:

2. What Thought Showed Up?

Write down the exact unhelpful or automatic thought.

Example: "I'm terrible at this." / "People will think I'm weird." / "I always mess things up."

Your thought:

3. What Emotion Did You Feel?

- Anxiety
- Shame
- Frustration
- Sadness
- Anger
- Guilt
- Stress
- Embarrassment

■ Other: _____

Intensity (0–10): ___ /10

4. Evidence Check

(What facts—not feelings—support it?)

4b. Evidence Against the Thought

(What facts suggest this thought isn't fully true or is exaggerated?)

5. Cognitive Pattern Noticed

- All-or-nothing thinking
- Catastrophizing
- Mind reading
- Overgeneralizing
- Personalizing
- Emotional reasoning
- Fortune-telling
- Should statements
- Labeling
- Other: _____

6. Reframe the Thought

Rewrite the thought using:

Balanced perspective

Self-compassion

Facts instead of assumptions

Growth mindset

New thought:

7. Emotion After Reframing

What do you feel now?

How intense is it?

Emotion: _____

Intensity (0–10): ___ /10

8. Small Action You Can Take

A tiny, realistic step that supports the new perspective.

9. Anchor for the Day

Example: "One step at a time is enough." / "I don't have to be perfect to make progress."

Your anchor:

Cognitive Pattern Explanations

All-or-nothing thinking: Viewing situations in absolute extremes (perfect or terrible) with no middle ground. This type of thinking removes nuance and makes minor setbacks feel like total failure. Recognizing the spectrum between “all” and “nothing” helps you see progress more realistically.

Catastrophizing: Jumping straight to the worst possible outcome and assuming you won’t be able to handle it. This pattern magnifies fear and minimizes your resilience. It helps to pause and ask: “What are the other possible outcomes?”

Mind reading: Believing you know what others think—especially negative judgments—without actual evidence. This often stems from insecurity rather than reality, and remembering that people think about us far less than we imagine can be grounding.

Overgeneralizing: Taking one negative moment and applying it broadly (e.g., “I always mess up”). Overgeneralizing ignores the full picture of your capabilities, strengths, and successes. Look for exceptions—they always exist.

Personalizing: Assuming events or reactions are your fault, even when they have nothing to do with you. This places unnecessary emotional weight on your shoulders. Reminding yourself that other people’s moods, choices, and reactions come from countless factors—not just you—helps create perspective.

Emotional reasoning: Believing that because you feel something strongly, it must be true. Emotions are valid and important, but they are not proof. This pattern softens when you separate what you feel from what you can confirm.

Fortune-telling: Predicting a negative outcome as if it’s guaranteed, even without evidence. This steals motivation and can create self-fulfilling prophecies. Asking “What else could happen?” opens the door to possibility.

Should statements: Holding yourself or others to rigid, often unrealistic rules (“I should never struggle”). These statements create guilt, frustration, and a sense of

inadequacy. Replacing “should” with “could” introduces choice instead of pressure.

Labeling: Assigning a harsh identity to yourself or others (“I’m a failure,” “They’re awful”). Labels are static and absolute—they ignore circumstances, growth, and nuance. Focusing on behaviors rather than identities is far healthier.