



Dr. Keely's

# Mindset Matters

WORKSHEET

## SELF DEFEATING VS EMPOWERING

Instead of

Say this

It's too hard



I can do hard things

I am too tired



I give myself permission  
to go gently

I don't have time



I am making myself a  
priority

I am scared of what  
I will find



I am open to getting to  
know myself

What if...



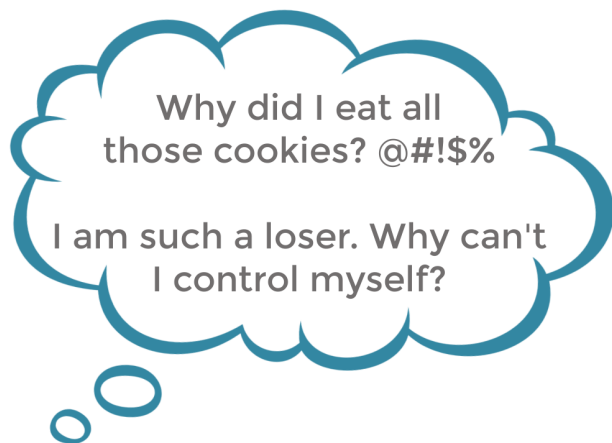
I will..

# REFRAMING EXERCISE

The purpose of this exercise is to help challenge and REFRAME self-defeating thoughts. To do this you must first uncover the core belief that is fueling this negative self-talk that is keeping you stuck.

## STEP 1

Name a self-defeating thought you've had in the past (this is the "core belief")



Consider the following questions when creating your REFRAME

Is this thought kind, helpful or true?

Is the story I've attached to this thought helping or making me feel worse?

Would I say this to a friend?

## STEP 2

Is this thought kind, helpful and true?



It feels true, but it's not kind and I wouldn't say it to anyone else.

What do I need at this moment to help me feel better?



I am tired. I have been on my feet all day, I need to put my feet up and rest for a little bit.

How can I REFRAME this thought so it feels true and is more helpful?



## REFRAME

I missed my lunch break today. No wonder I was so hungry. Tomorrow, I need to take time to eat, so I don't feel so out of control when I get home.

## STEP 3

**ASK:** Does the REFRAME feel as true as the core belief?

If not, continue adjusting the reframe until it feels equivalent.