

Good morning and happy Monday team!

I hope you all had a great weekend. Last week, we began discovering the importance of cognitive reframing our negative thoughts to develop new patterns.

How many of us are dragging through our days, weighed down by anxiety? Many of us find our thoughts circling around problematic circumstances or people. For others, anxiety has become the soundtrack of our days, so familiar we hardly notice it playing in the background of every scene. The battle continues with the “What if?” thoughts, which set our imaginations whirling and spinning tales of the doom that lurks ahead.

Freedom begins when we notice what it is that is binding us. Then we can interrupt it with the truth.

Truth is the most powerful weapon we have against irrational and negative thoughts.

Challenge your core beliefs

Person	Core Belief	Reaction
A	“I am a failure.”	Thought: Of course, I failed... why bother? Feeling: Depressed Behavior: Makes no changes
B	“I am perfectly capable, when I give my best effort.”	Thought: I did poorly because I didn’t prepare. Feeling: Disappointed Behavior: Plans to prepare for the next presentation

Replace	For
I am not good enough; a failure; a loser; an incompetent. / Everyone is better than me. / I will never succeed.	I am worthy. / I am always learning to become better and I do my best to do so.
I am bad. / I don't deserve anything. / Everything I do is wrong.	I am good. / I can be good. / I want to be good. / It's my right to deserve everything. / Several times I do what's right.
I am unlovable; undesirable; unattractive; ugly.	I am lovable just the way I am. / By loving myself, others will love me too.
Everything is my fault. / I never get it right.	Sometimes I get it right.
I will be hurt if I get close to someone. / People cannot be trusted.	Sometimes I will make a good friend if I get close to someone. / Some people can be trusted.
There is no point in life. / The world is unfair.	I am powerful and can influence my life. / The world can be a fair place for me.

Be proactive and start by reframing one negative thought or situation every day. Watch how it dramatically changes your life and your success. By learning to recognize unhelpful thought patterns and reframe them overtime, you will begin to feel better and make decisions that support your overall sense of wellbeing.

"If a problem can't be solved within the frame it was conceived, the solution lies in reframing the problem."

- Brian McGreevy

Peace,
Maggie

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For an Emergency, Call 988 or the National Suicide Hotline: 1-800-273-8255