

POSITIVE REFRAMING

Invitation

Is there something here that you'd like to work on? Do you need to talk a bit more about your problems or did you want to roll up your sleeves and get to work?

Specificity

So, this is what you'd like help with? (Name the issue mentioned by client.) So, if you were to think of one moment where you dealing with this problem, what would that moment be?

USE MOOD LOG to list negative emotions and thoughts

Miracle Cure

Now I'm going to ask you a question that might sound ridiculous.

Do you want some help with your negative thoughts and feelings?

Would you like to feel better?

If the answer is NO, I get it.

If the answer is YES. That's great. Then I have a second question for you.

.... What kind of help are you looking for?

So, if a miracle were to happen today and you ended up feeling fantastic after you completed your work with the Daily Mood Journal, what would happen?

Most clients say yes.

If you say YES, then I have another question for you.

Let's imagine a magic button in front of you.



If you pushed it, all your negative feelings and thoughts would instantly disappear with no effort at all and you'll be flooded with joy and self-esteem, would you press the magic button?

YES?	NO?
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HOWEVER,

as you know, there is no magic button, but I do have wonderful tools to help you change the way you are feeling and thinking.

FIRST

you have to step back and ask yourself if you really want to do that. It might not be a good idea!

WHY NOT?

1. First of all, you'd be full of joy and self-esteem, but the problem would still be there.
2. Also, there may be some advantages that you get from your negative thoughts and feelings.
3. These might disappear if you press the magic button.

BEFORE ANYTHING LET'S ASK OURSELVIES TWO QUESTIONS

1. Are there some advantages or benefits to your negative emotions or negative thoughts?
2. What does any advantage say about your core values those things that are beautiful, positive and even awesome about you?

THOUGHT OR FEELING	BENEFITS	CORE VALUES
List each negative thought or feeling you are analyzing here.	What are some advantages or benefits or this negative thought or feeling?	What does this negative thought or feeling show about you that is positive, beautiful and awesome?
1. Guilt, remorseful, bad, ashamed	It can remind you that you might not have been living up to your core values. It can motivate me to do better by motivating you. It can increase commitment	*Have high standards and a strong moral code *Hold yourself accountable instead of blaming others *Are willing to face your shortcomings

		<ul style="list-style-type: none"> * Care about your impact on others. *Don't want to let others down or let yourself down. *Have strong moral values *Want others to like and respect you.
2. Sad, blue, depressed, down, unhappy	<p>Makes me more compassionate.</p> <p>Feel closer to the other person.</p> <p>I can grieve a loss.</p> <p>It can enable me to move on.</p> <p>Makes me feel alive.</p>	<p>I care.</p> <p>I am altruistic (I think of others)</p> <p>Shows my sensitivity.</p> <p>I have an appreciation for life.</p>
3. Anxious, worried, panicky, nervous, frightened	<p>Keeps me vigilant.</p> <p>It can protect me.</p>	<p>Shows my love for self and others.</p> <p>I think of consequences, showing my responsibility.</p> <p>Shows my wisdom and courage to face reality.</p>
4. Inferior, inadequate, worthless, defective, incompetent	<p>It motivates me to try harder to perfect myself, my skills, my surroundings.</p> <p>Helps me have empathy and compassion for others who are suffering.</p> <p>It shows a need to grow.</p>	<ul style="list-style-type: none"> *Shows I am honest and can recognize my flaws. *It shows I have high standards. * I am humble and not arrogant or overly high on myself
5. Hopeless, discouraged, pessimistic, despairing	<ul style="list-style-type: none"> *Protects me from being too optimistic in case I fail. Protects me from disappointment. *Lets my know when it is time to surrender and accept defeat 	<p>I am realistic.</p> <p>I am honest and can face the truth.</p> <p>I am intelligent and skeptical and I can question and challenge things.</p>

6. Frustrated, stuck, thwarted, defeated	<p>*Alert you that something is not right and I am being taking advantage of.</p> <p>*It motivates me to take action and stick up for myself rather than giving in</p> <p>*You are able to I struggle to get going and not give up</p>	<p>*Show you have standards about the way others treat you or the people you care about.</p> <p>*You can feel proud of your high standards.</p> <p>*You value fairness, kindness honesty, and integrity.</p> <p>*I have determination.</p> <p>I haven't given up.</p> <p>I am courageous.</p>
7. Angry & resentful, mad, annoyed, irritated, upset, furious	<p>Motivates me.</p> <p>It empowers me.</p> <p>Gives me courage to fight.</p>	<p>I have righteous anger.</p> <p>I can stand up for my rights.</p> <p>I can face adversity when life cheats me.</p> <p>I shows I have a moral compass</p> <p>Shows my love for others who have been duped or taken advantage of by the unscrupulous.</p>
8. Lonely, unloved, unwanted, rejected, alone, abandoned	<p>Compassion towards others.</p> <p>It can open up doors towards others.</p>	<p>I appreciate my connectiveness to others.</p>
9. Embarrassed, foolish, humiliated, self-conscious	<p>Self-awareness</p> <p>Chance to examine my own behaviour and influence outcomes; helps me to become better decision makers; allows us to understand things from multiple perspectives.</p>	<p>I am humble.</p> <p>I can recognize where I have to improve.</p> <p>I can concentrate on my own weaknesses and improve.</p> <p>I have self-confidence.</p>
10. Exhausted, tired, drained, overwhelmed	<p>It gives me the opportunity to look out for myself. TO feel drained is an opportunity. You know something inside of you isn't right.</p>	<p>I respect myself and my boundaries.</p> <p>I am aware of what works for me and what doesn't.</p> <p>I have personal insight.</p>

11. Confused,mixed-up, uncertain, perplexed	Confusion gives us the space to try new things and be creative. Asking questions leads to deeper understanding, more learning, and higher self-confidence. So, try not to be embarrassed when you're confused about something.	I am inquisitive. I am willing to learn and grow.

MAGIC DIAL

Since these negative emotions and thoughts have value to you with their advantages and with your beautiful core values, How about a magic dial where you could lower your negative emotions down to a manageable level?



Maybe we could just dial these down to an acceptable level.

So, on the Mood Log, we can add the goal of the strength of the negative emotion and plan to dial down this feeling to a lesser degree.