

Positive Reframing Table*

Instructions. Review the negative thoughts and feelings on your Daily Mood Log and fill in the three columns below. Some negative thoughts or feelings may have *only* advantages, some may *only* have core values, and some will have both advantages *and* core values.

Thought or Feeling List each negative thought or feeling you are analyzing here. Work on them one at a time.	Advantages What are some advantages, or benefits, of this negative thought or feeling?	Core Values What does this negative thoughts or feelings show about you that is positive and awesome?
1.		
2.		
3.		
4.		
5.		

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Continue on Reverse

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Thought or Feeling	Advantages	Core Values
6.		
7.		
8.		
9.		
10.		
11.		
12.		