

REFRAMING AUTOMATIC THOUGHTS



We all have automatic thoughts brought on by our life experiences and influences. However, some of these automatic thoughts may stigmatize or stereotype others. Recognizing your own attitudes and beliefs that may be stigmatizing is a first step towards making bigger change.

Take time to reflect

Think about a situation where you may have automatically thought something that is judgmental or stigmatizing towards someone else.



Take a closer look

- Is your thought based on fact or opinion?
- Is there another way of looking at the situation? What might this person be going through that you are not seeing?
- If your best friend said your thought out loud, what would you tell them?
- What evidence do you have that your thought is true?



Reframe it

- What is more accurate to say?
- What is a more positive way to frame your thought?
- Should you even say it? Sometimes, it's better not to say anything than to try to reframe it.

