

Reframing Automatic Thoughts

Stressful scenario:

Feelings	Automatic Thoughts	Helpful Character Strengths	Reframing with Character Strengths
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Signature Strengths Worksheet

Ranking	Signature Strength	One to Two Ways You've Used This Strength Recently	How You Felt Using This Strength	How You Will Use This Strength This Week
Example:	<i>Social intelligence</i>	<i>I asked my friend how they were feeling. And I noticed a tense argument between my mom and dad, so I decided to just observe first.</i>	<i>I felt at peace, like I was in control and able to take action to help others.</i>	<i>Before I post new photos online, I will first think about how others might feel when they see them.</i>
1.				
2.				

3.				
4.				
5.				