

## Toolkit 1 - Learning Unit 11 Post-Intervention

### Activity 4 - What is reframing?



Training

#### What Does Cognitive Reframing Mean?

When life presents us with a situation, we usually decide what meaning the situation has for us almost immediately. That meaning is the “frame” we give it. However, we don't have to continue viewing it in that frame. Instead, we can give it a different meaning by changing the way we think and feel about it. Perspective is, largely, a choice.

Cognitive reframing is something we do naturally and often unconsciously. Cognitive restructuring is the same process, but it's done systematically and deliberately. When a psychologist guides you through this process, it's called cognitive restructuring.

| Original thought                               | Reframed thought  |
|--|---|
| <i>I lost my house, my everything.</i>         | <i>I might lost my house, but I still have my family.</i>               |
| <i>My life is not worth it anymore.</i>        | <i>I feel very sad, but I want to be here for my friends.</i>           |
| <i>I cannot do anything in this situation.</i> | <i>I can still make decisions, contact other people and earn money.</i> |
| I can never survive this disaster.             |   |
| No one can understand me, no one can help me.  |   |
| The situation is unbearable.                   |   |
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**Psychological  
Early  
Intervention**

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*Resources: betterhelp.com, The depression project*



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