

Four Steps to Reframing Worksheet

Instructions: When problems distress or overwhelm us, it is often helpful to break down the problem into smaller steps. Think about a problem that is making you feel distressed or overwhelmed. Start at the **bottom** of the page and walk yourself through the problem-solving steps, one-by-one, until you get to the top.

Take time to think through each step – it's better if you don't rush through it. If you're stuck, ask someone close to you to think through the steps with you. By the time you get to the top, your problem should feel more manageable and less overwhelming.



Acknowledge and apply your strengths

- What personal strengths can you bring to the situation?
- What are you good at?

Find / use the positives

- Using your strengths, how can you make the situation better in the short term?
- Are there any other positives you can find?

Focus on the controllable

- Even though you may not be able control the problem, what can you control?
- Which of your thoughts, feelings, and behaviors can you control?

Accept the uncontrollable

- What parts of the problem are not in your control?
- What are you willing to give up?