

# Form New Patterns

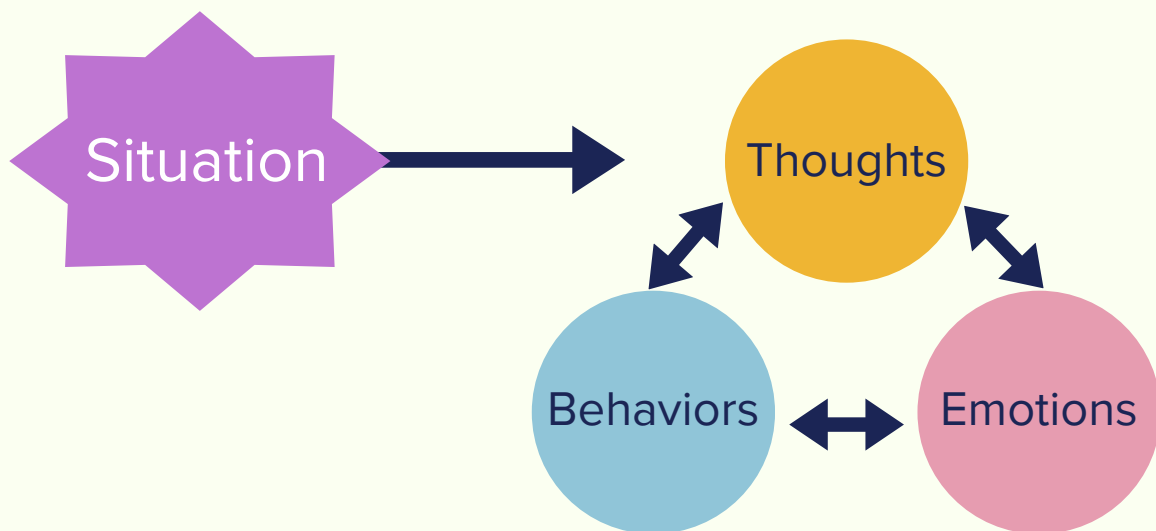
BUILD YOUR RESILIENCE TO IMPROVE YOUR MENTAL WELLNESS

## Issue:

Negative thought patterns over time can contribute to anxiety disorders, depression, and low self-esteem.

## Goal:

To effectively reframe thoughts in a way that will lead to **more positive emotions and more helpful behavior**, eventually establishing more consistent healthy patterns



Cognitive reframing is a technique used to shift your mindset so you're able to look at a situation, person, or relationship from a slightly different perspective. You can learn more about cognitive reframing from the article [“How Cognitive Reframing Works” on VeryWellMind.com](#).



Live Oak Mental Wellness Project is working to make mental health support more accessible. From spreading information about improving your mental wellness at home to connecting you to a clinical therapist to partnering with others in the mental health field to create new resources in person and in print, we want to help you learn how to make your life the very best it can be.

[LiveOakMentalWellnessProject.com](http://LiveOakMentalWellnessProject.com)

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What negative situation has been bothering you most lately? *Argument with a friend*

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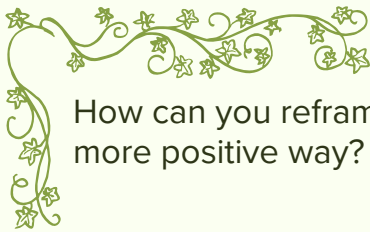
What negative thoughts do you have about it? *They never think about anyone but themselves.*

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What emotions do those thoughts cause? *resentment, self-righteousness, invisibility*

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Choose from Brené Brown's  
87 Human Emotions & Experiences

How can you reframe the situation into a thought that might help you move forward in a more positive way? *What are some other possible reasons this could have happened?*

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What are some emotions that new thought might lead you to? *curiosity, empathy*

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How might these new emotions affect your behavior? *Start a conversation humbly.*

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