

Form New Patterns

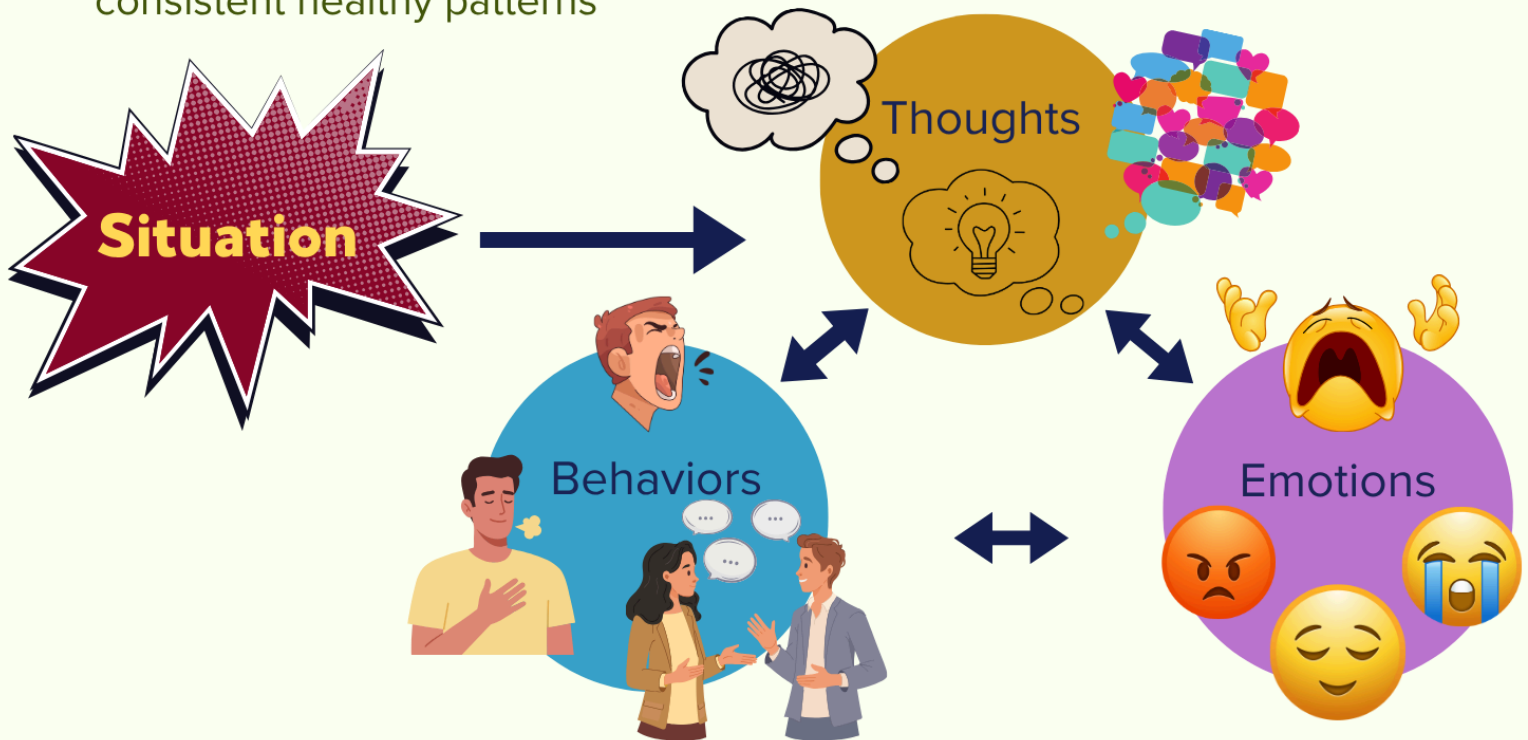
Retrain your brain to build your resilience and improve your relationships

Issue:

Negative thought patterns over time can contribute to anxiety disorders, depression, and damaged relationships.

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



Also called the Cognitive Behavioral Triangle, 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](https://www.verywellmind.com/how-cognitive-reframing-works-2795887).



Live Oak Mental Wellness Project believes that access to mental health support can have life-changing effects across generations, improving emotional regulation, resilience, and relationships. We share information about improving your mental wellness at home and host mental wellness workshops to practice putting theories into action, empowering you to transition from surviving to flourishing.

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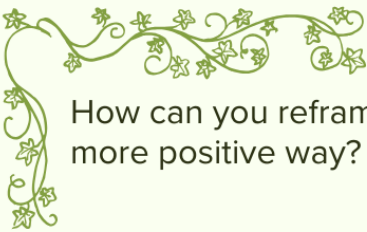
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What negative situation has been bothering you most lately? *Argument with a friend*

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

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



Naming your emotions is the first step to regulating them. Choose from dozens of emotions with definitions in the app How We Feel, available completely free at howwefeel.org

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?*

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

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



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