

★ Reframe Your Thoughts



Empathy
Reframe

What would my best friend say to me? What would I say to someone having these thoughts?

SelfLoveRainbow

Facts
Reframe

What are the facts? Is this true? Is there an alternative explanation that makes sense?

Language
Reframe

Can I use words that affirm what I'm feeling but are also empowering or supportive?

Context
Reframe

Is this a big picture issue? Is there a middle ground somewhere in this situation?

Behavioral
Reframe

What have I done that's in opposition to the thoughts I am having about myself?



Thoughts On Relationships

Julia Schneider



Thoughts On Relationships:

Delve into the emotional tapestry woven by Emotional Journey with in Dive into the Emotion of **Thoughts On Relationships**. This ebook, available for download in a PDF format (Download in PDF: *), is more than just words on a page; it is a journey of connection and profound emotion. Immerse yourself in narratives that tug at your heartstrings. Download now to experience the pulse of each page and let your emotions run wild.

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