



SHEBE

THOUGHT REFRAME

Thought # 1

My coach doesn't like me and only works with her favorites.

Thought #3

Blank space for writing Thought #3.

Thought #2

Blank space for writing Thought #2.

Thought #4

Blank space for writing Thought #4.

For this exercise, I would like you to re-write the thoughts above but add this phrase to be beginning of each thought.

Phrase: "I have a thought that...."

Example

I have a thought that + my coach doesn't like me and only works with her favorites.

Blank space for writing a re-framed thought.

Blank space for writing a re-framed thought.

Blank space for writing a re-framed thought.