

# Reframing Our Thoughts



Shifting our mindset is essential for personal and professional growth. Our thoughts and beliefs directly influence our feelings and actions. Self-limiting beliefs can hinder progress and prevent us from reaching our full potential.

To help create a mind shift change it is important to understand the different styles of negative thinking and thoughts we may sometimes say to ourselves. Once we become aware of our thinking, the next step is “catching the negative thought and reframing it to a positive and supportive thought that helps us move forward toward our goal.”

## Negative thinking patterns:

### 1) All or Nothing Thinking

**Definition:** Tendency to see things in black-and-white terms, without acknowledging the gray areas in between

**Example:** *"If I can't do a full 45-minute workout, there's no point in exercising at all today."*

**Re Frame:** *"I only have 15 minutes today and grab my weights for my workout today"*

### 2) Overgeneralization

**Definition:** When you make broad conclusions based on a single event.

It ignores the possibility that the situation might not be as restrictive as imagined, and overlooks the chance for flexibility or adaptation

**Example:** *"I didn't lose any weight this week, so I'll never be able to lose weight. It's pointless to keep trying."*

**Re Frame:** *"I didn't lose any weight this week, but that doesn't mean I won't succeed. Progress takes time, and every effort I make brings me closer to my goal. I'll keep going and find what works best for me!"*

### 3) Mental Filtering

**Definition:** Focuses only on the negative aspects of a situation while ignoring or dismissing the positive ones. This cognitive distortion leads to a bias perspective, making even neutral or positive experiences seem overwhelmingly negative.

**Example:** *"I can't believe I let my husband tempt me with a piece of cake. I did so well all day- now my whole day is ruined"*

**Re Frame:** *"Enjoying a piece of cake doesn't erase all the healthy choices I made today. One treat won't ruin my progress—in fact, balance is part of a sustainable lifestyle. I'll continue making mindful choices moving forward!"*

#### 4) Disqualifying The Positive

**Definition:** Dismissing positive experiences or feedback as irrelevant prevents you from internalizing success and feeling competent. This reinforces feelings of inadequacy and low self-worth.

**Example:** "It doesn't matter how well I eat during the week, I always mess up on the weekends"

**Re Frame:** "Since weekends have been challenging for me to make good nutritional choices, I will try to plan out my meals this weekend like I do during the week"

#### 5) Jumping to Conclusions

**Definition:** Involves making assumptions without sufficient evidence.

It is assuming you can read someone's mind and know what they are thinking or predicting a negative outcome without proof.

**Example:** "I missed one workout this week, I am falling off track, I'll never get back on track"

**Re Frame:** "Missing one workout doesn't erase all my progress. I'm committed to my goals, and I can get back on track with my next workout. Consistency matters more than perfection!"

#### 6) Catastrophizing

**Definition:** Expecting the worst case scenario. Increases stress and anxiety.

Exaggerating the significance of one mistake and jumping to the conclusion that their entire effort is doomed, which leads to giving up instead of making a more balanced, realistic approach to overcoming setbacks

**Example:** "I ate a burger and fries for lunch—I've completely ruined my diet! I'll never be able to eat healthy, so I might as well give up."

**Re Frame:** "One meal doesn't define my entire health journey. I can make a nutritious choice for my next meal and keep moving forward. Progress is about balance, not perfection!"

#### 7) Emotional Releasing

**Definition:** Believing that your negative emotions reflect reality, Because you feel a certain way, it must be true which leads to avoidance or irrational decisions driven by emotions, not facts.

**Example:** "I can't stick to my routine, so I'm lazy and lack the discipline to build healthy habits."

**Re Frame:** "Building new habits takes time and effort. Missing my routine sometimes doesn't mean I'm lazy—it just means I'm still learning. I can start fresh today and keep making progress one step at a time!"

## 8) Should Statements

**Definition:** Imposing rigid rules on yourself or others, leading to guilt and frustration, causing feelings of failure or resentment

**Example:** "I should have worked out more this week. If I had pushed myself to do 7 days instead 4, I'd be seeing better results by now."

**Re Frame:** "Progress not perfection. I worked out 4 times this week, which is something to be proud of! I can continue building on that and focus on making steady improvements rather than expecting instant results."

## 9) Labeling

**Definition:** A negative thinking pattern where a person assigns a harsh, fixed, and often negative label to themselves or others based on a single action or event. Instead of describing behavior objectively, labeling turns it into an identity, leading to self-criticism or unfair judgments.

**Example:** "I gave into my sugar craving today, I'm just an addict and that won't change"

**Re Frame:** "Having a sugar craving doesn't mean I'm an addict or incapable of change. It's possible to build healthier habits and make mindful choices—one indulgence doesn't erase my progress."

## 10) Personalization

**Definition:** When you blame yourself for things you can't control or take responsibility for negative outcomes, it can lead to feelings of guilt, stress, and burnout. You may also feel overly responsible for things that are beyond your control.

**Example:** "My friend is in great shape because she works out harder than I do. I'm just not committed enough, that's why I'm not seeing results."

**Re Frame:** "I'm inspired by my friend's success, but I know that everyone's fitness journey is unique. I'm working hard and staying focused on my personal progress. Results take time, and I'll get there by improving at my own pace."