

# REIMAGINE IT

When we're stressed, it's easy for our brains to jump to the worst-case scenario. This sheet helps you hit pause, take a step back, and reimagine the situation in a calmer, more realistic way. By breaking big, scary thoughts into smaller pieces, you'll see that things aren't always as bad as they feel in the moment. Use this tool to practice shifting from "everything is falling apart" to "I'm strong enough to get through this."

## Step 1 Notice the thought

The first step is paying attention to what your mind is telling you. Negative thoughts often sneak in quietly, but they can sound really convincing. It might sound like: "Nothing is ever going to get better," or "Something must be wrong with me." These thoughts feel heavy and discouraging, and that's why noticing them is so important—because once you spot them, you have the power to change them.

## Step 2 Challenge it

Even if a thought feels true, that doesn't always mean it is. Pause and ask yourself: "Is this really reality? What proof do I actually have?" A lot of the time, our thoughts feel bigger and scarier than they really are. Talking it through with a trusted friend can also help you see the situation more clearly.

## Step 3 Reframe it

The way we think shapes the way we act. If we believe the worst will happen, we'll act out of fear, stress, or panic. But if we choose a more balanced, realistic belief, we give ourselves space to act with confidence and in peace. Take your "worst-case thought" and rewrite it into something that's true and hope-filled. If your thought is "Nothing is ever going to change", it might now say "Life is really hard right now, and I might not see any different options ahead of me, but I'm not the first person to walk through something this hard and make it out on the other side." This new thought gives you the option of a different way.