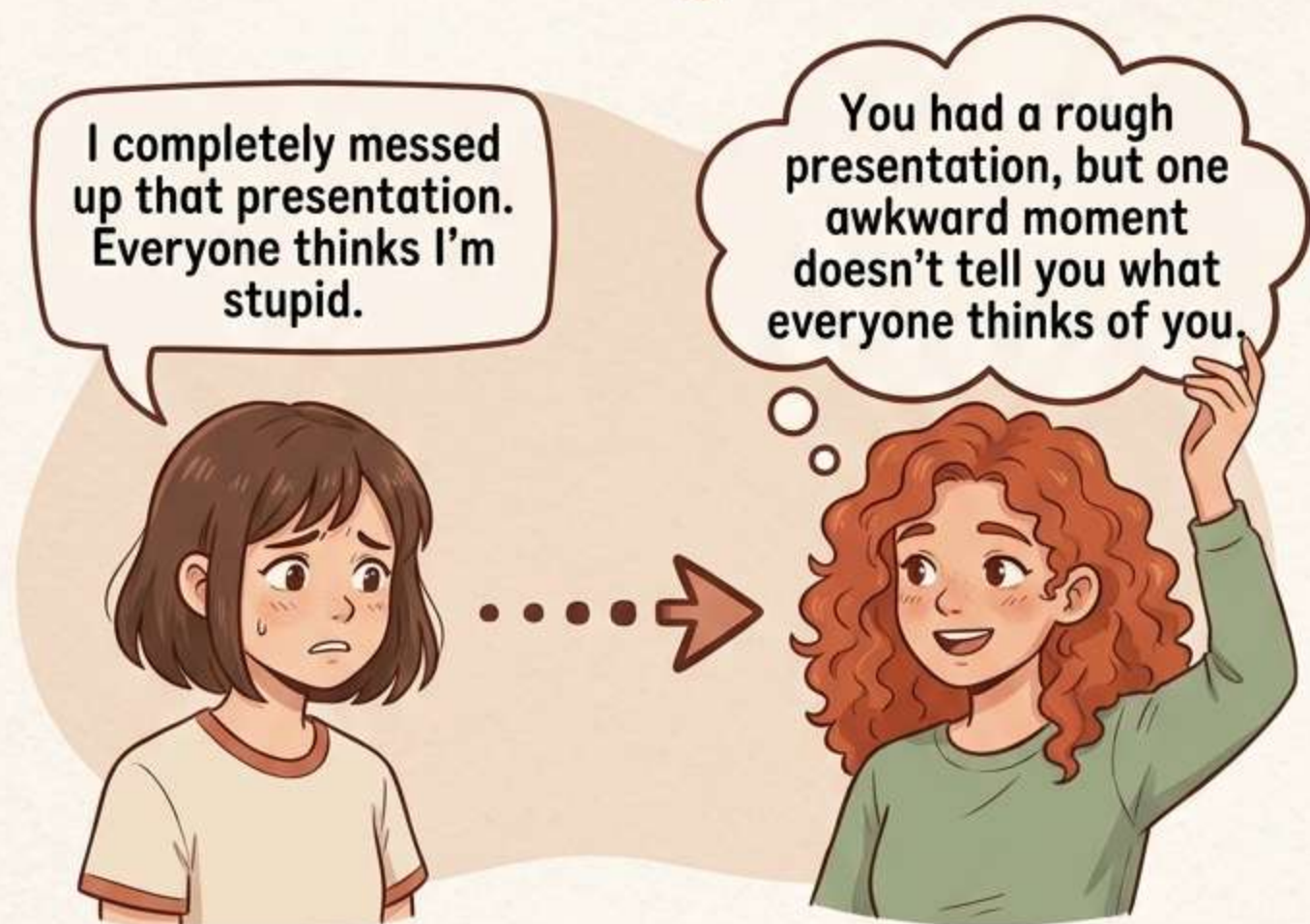
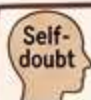


“What Would You Tell a Friend?” Thought Reframe



WHAT HAPPENED: What actually occurred, no exaggeration.



WHAT I'M TELLING MYSELF: The automatic thought, word for word.



WHAT I'D TELL A FRIEND: The honest version, without cruelty.



A MORE BALANCED THOUGHT: What's true and still bearable.

