

# Reframe Unhelpful Thoughts

## THE RULE OF 5

This tool helps expand your worldview. The goal is to challenge limiting assumptions you hold of yourself instead of automatically accepting them. Considering five other ways of viewing a situation opens you up to new possibilities and solutions.

UNHELPFUL THOUGHT	5 OTHER WAYS OF VIEWING THE SITUATION	
	1.  2.  3.	4.  5.
	1.  2.  3.	4.  5.
	1.  2.  3.	4.  5.



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## QUESTIONS TO HELP YOU

- How would my best friend/hero/someone who is confident respond?
- How would I counsel my closest colleague or spouse on this issue?
- If I knew everything would work out, how would my view change?
- What can I learn from this?
- When have I handled something like this before?
- What thought would get me closer to my goals?
- What thought is more energizing or inspiring?
- What is the opposite of my current perspective?
- What other angles or possibilities have I not considered yet?
- What is my very first step?
- What one thing could you do today that would take you nearer to your goal?
- How can I see this situation as for me instead of against me?
- What's the most generous interpretation of the situation?
- How else could I interpret the meaning of this mistake?

