



The Self-Talk Reframe™

Replace overly critical thoughts with language that is more accurate and useful.



Reframing is not pretending everything is fine.
It is checking whether the words you are using
are fair, complete and helping you move forward.

1

CATCH THE THOUGHT

What did I say to myself?



2

NOTICE THE TONE

☐ Harsh ☐ Absolute ☐ Blaming ☐ Dismissive ☐ Something I would not say to a friend

The words that feel strongest are: _____



3

CHECK THE WHOLE PICTURE

What supports this thought? _____

What does not fit the thought? _____

What important context am I leaving out? _____

What might I say if this were happening to someone I care about? _____



4

SHIFT THE LANGUAGE

INSTEAD OF		TRY
Always or never	→	Right now or lately
I should	→	It would help if
I failed	→	This did not work as planned



5

WRITE A MORE ACCURATE THOUGHT

A fairer and more complete way to say this is: _____



6

CHOOSE THE NEXT USEFUL STEP

With this new perspective, I can: _____

☐ Act ☐ Ask for help ☐ Adjust the plan ☐ Rest ☐ Let this go



Three Gentle Reframes



"I am failing."
"I am having a difficult day
and may need a different
approach."



"I should be able
to handle this."
"This is a lot to carry,
and support may help."



"I will always feel
this way."
"This is how I feel today.
I do not know exactly how
it will change."



Gentle Reminder

A believable reframe is more helpful
than a positive statement you do not trust.



Martine's Midlife Wellness Tip

Listen for words like always, never,
should and failure. They often make
a difficult moment feel larger and
more permanent.



Seek professional support when self-critical thoughts are persistent,
highly distressing or affecting mood, relationships, self-care or daily life.

