

Cognitive Reframe Wheel — Visual Overview

Start at 1 (Trigger) and move clockwise through each section.



COGNITIVE REFRAME WHEEL — Worksheet

Complete the first two sections below.

1. TRIGGER

What started the thought or feeling?

2. AUTOMATIC THOUGHT

Write the first anxious or fear-based thought.

COGNITIVE REFRAME WHEEL — Worksheet

Continue with Sections 3 and 4.


3. FEAR STORY

What fear says will happen.



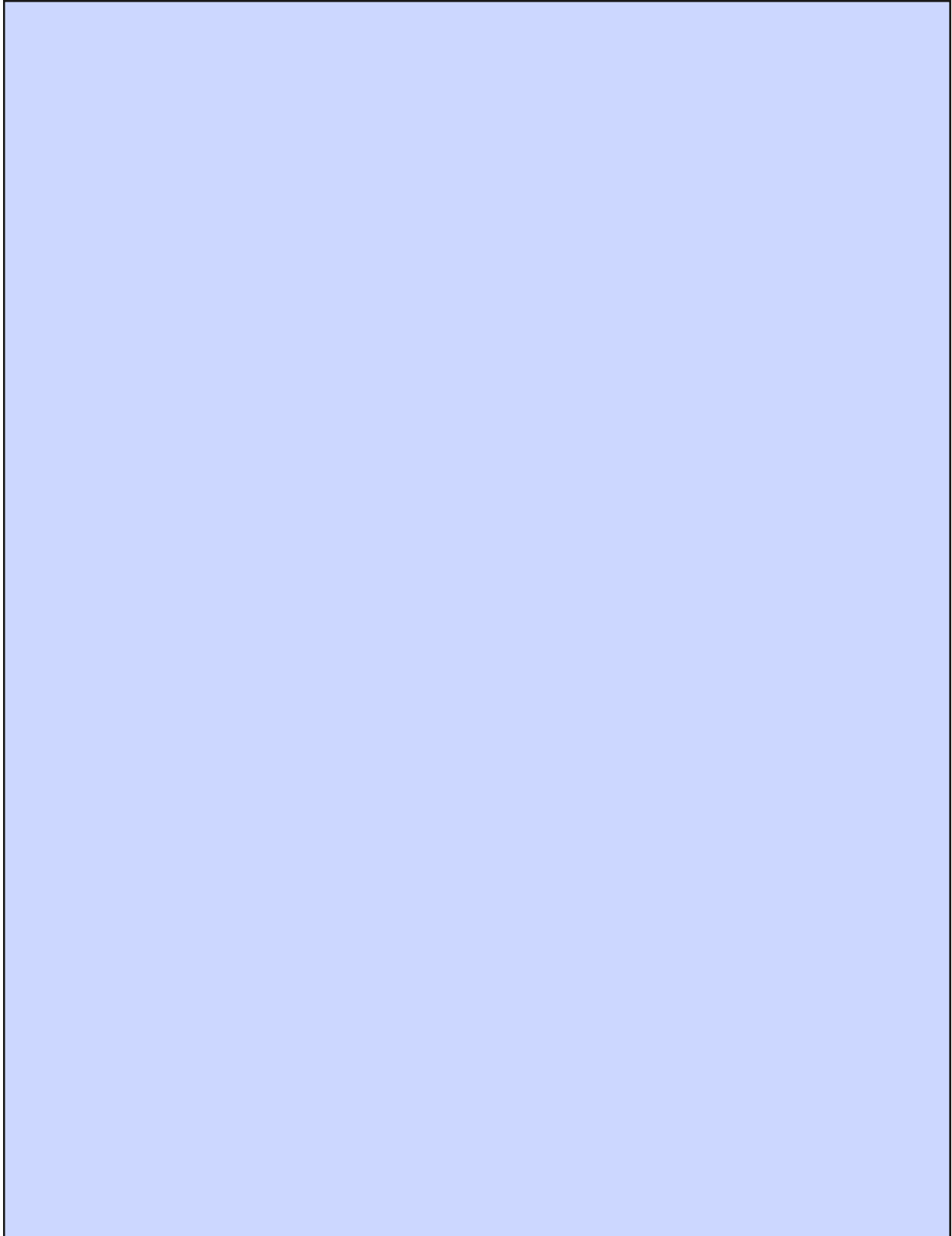
4. TRUTH STORY

What your grounded self knows is more accurate.



COGNITIVE REFRAME WHEEL — Worksheet

Work through your evidence in the space below.

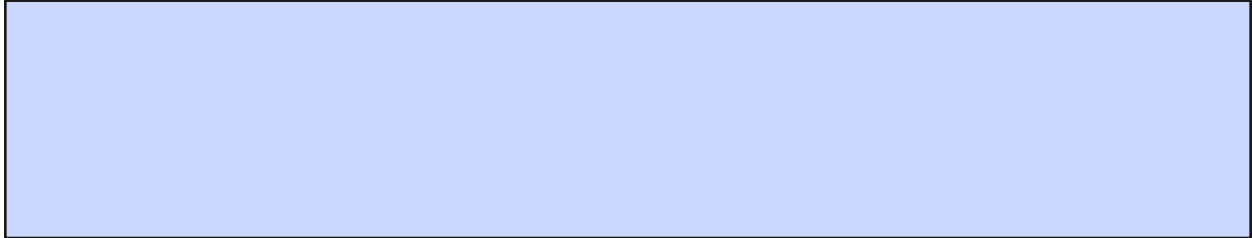


COGNITIVE REFRAME WHEEL — Worksheet

Complete your grounding and next-action steps.

6. WHAT'S HAPPENING NOW?

Return your attention to the present moment.



7. NEXT STEP

One small calming, grounding, or clarifying action.



Additional Notes — Page 1

Use this page to expand your thoughts.

