

THE REFRAME GAME

<p>I'm not good enough</p>	<p>I'm not confident</p>	<p>I'm bad at this</p>
<p>I'm not smart enough</p>	<p>Nothing good happens to me</p>	<p>Life is unfair</p>
<p>I don't deserve it</p>	<p>I'm afraid of trying</p>	<p>I've already tried everything</p>



THE REFRAME GAME

Instructions for Playing The Reframe Game
with your child:

STEP ONE:

Determine if you'll be playing as "noughts" or "crosses."

STEP TWO:

Choose a box to mark, but before doing so, rephrase the negative belief in that box into a positive one.

STEP THREE:

Win by reframing three negative beliefs in a row!

BONUS:

Rate your belief in each reframe on a scale of 1-10 of how much you believe this to be true..

You could even make your own reframe game!