

Mental Filtering Reflection

1. What's a recent situation where I focused on only the negative?

Describe what happened. What part did your mind fixate on? Was it a comment, a small mistake, an awkward moment, or something someone didn't say?

2. What positive or neutral details did I overlook or dismiss?

Challenge your mental filter by asking:

- Was anything good or okay in that situation?
- Did someone offer praise or support that I brushed off?
- Did I handle part of it better than I thought?

3. How would I describe this situation to a friend if it happened to them?

Use this as a reframing tool. What would you tell someone else to help them see the bigger picture instead of just the bad part?

4. A kinder or more balanced way I could view this is...

Examples:

- ... "It wasn't perfect, but I handled it well overall."
- ... "One awkward moment doesn't ruin the whole day."
- ... "That mistake doesn't erase everything I got right."