

# Reframing Our Thinking

- What am I reacting to?
- What is pushing my buttons?
- Am I jumping to conclusions?
- Am I relying on fact or opinion?
- Is there another way of dealing with this?
- How important will this be in 6 months?

Mathew, R. *SOS for emotions: tools for emotional health*. October 2012 NYU Student Health Center.