

Course: Mindset, Thoughts & Cognitive Flexibility

Worksheet 3: Building Cognitive Flexibility

Purpose: Practice stepping back from thoughts and creating more balanced perspectives.

Welcome!

This worksheet focuses on **cognitive flexibility**—the ability to consider alternative viewpoints and respond more helpfully.

NOTE: This course is not a suitable replacement for counselling, therapy, coaching, or other professional mental health care.

Part 1: Stepping Back from a Thought

Choose one recurring or distressing thought.

- Thought:

Now try reframing it using the prompt:

“I’m having the thought that…”

Write it below:

Choose another recurring or distressing thought.

- Thought:

Now try reframing it using the prompt:

“I’m having the thought that…”

Write it below:

Part 2: Exploring Alternatives

Complete the table below:

Original Thought	Another Possible Perspective	A More Balanced Thought

Part 3: Evidence Check

Answer the following:

- What evidence supports the original thought?

- What evidence does not support it?

- What feels like the most fair and realistic conclusion?

Reflection

- How did it feel to look at this thought differently?

- What helped you stay open rather than rigid?

How to Access Further Support in New Zealand:

- Contact your local GP
- Dial 111 for immediate support
- Free call or text 1737 any time for support from a trained counsellor
- Lifeline – 0800 543 354 (0800 LIFELINE) or free text 4357 (HELP)
- Youth line – free text 234, call 0800 376 633, webchat at youthline.co.nz, DM on Instagram @youthlinenz, message on Whats App 09 886 56 96.
- Samaritans – 0800 726 666
- Suicide Crisis Helpline – 0508 828 865 (0508 TAUTOKO)
- Depression Helpline – 0800 111 757 or free text 4202 To talk to a trained counsellor about how you are feeling or to ask any questions
- Anxiety NZ – 0800 269 4389 (0800 ANXIETY)