



CBT Worksheet: Reframing Past Adult Intimate Relationship Wounds

Reframing past wounds from adult intimate relationships can help individuals develop healthier perspectives and coping strategies. Cognitive Behavioral Therapy (CBT) provides effective techniques for challenging negative thought patterns and promoting healing. This worksheet aims to guide you through the process of reframing and finding new perspectives on past relationship wounds.

Section 1: Identifying Negative Thought Patterns

Recall Past Wounds: Reflect on past intimate relationships that left emotional scars. Identify specific events or situations that led to negative beliefs or emotional pain.

Automatic Negative Thoughts: Write down any automatic negative thoughts that arise when you think about those past wounds. For example, "I'm unlovable," "I always mess up relationships," or "I'll never find true love."

Section 2: Challenging Negative Thoughts

Evidence For and Against: Examine the evidence supporting and contradicting the automatic negative thoughts. Are there instances in your life that contradict these beliefs?

Alternative Perspectives: Generate alternative, more balanced thoughts that take into account different aspects of the past relationship. For instance, change "I always mess up relationships" to "I have made mistakes in the past, but I am capable of learning from them and growing."

Section 3: Processing Emotions

Emotional Validation: Allow yourself to feel and validate the emotions associated with the past relationship wounds. Accept that it's natural to experience a range of emotions, including sadness, anger, or frustration.

Journaling Emotions: Use a journal to write about your emotions and experiences related to the past relationship. This can help you gain clarity and understanding about your feelings.

Section 4: Forgiveness and Compassion

Self-Compassion Letter: Write a compassionate letter to yourself, acknowledging the pain you experienced in the past relationship. Offer words of understanding and self-compassion, as you would to a friend.

Forgiveness Exercise: Practice forgiveness towards yourself and your former partner. Acknowledge that forgiving doesn't mean condoning hurtful behavior, but it can release you from carrying the burden of resentment.

Section 5: Developing New Perspectives

Growth and Learning: Recognize the lessons and personal growth that have emerged from the past relationship wounds. Write about the valuable insights and strengths you have gained.

Building Positive Affirmations: Create positive affirmations that counteract the negative thoughts related to past relationship wounds. Repeat these affirmations daily to reinforce the new perspectives.

Reframing past wounds from adult intimate relationships is a process that requires self-awareness, self-compassion, and a willingness to challenge negative thought patterns. Use this CBT worksheet as a guide to explore and challenge negative thoughts, process emotions, and develop new perspectives on past relationship wounds. Healing takes time, so be patient with yourself and consider seeking support from a therapist or counselor if needed. Remember that by reframing your experiences, you can create a more positive and empowered outlook on future relationships.