





# REFRAME PROMPTS

## What else might be true?

- Another way of looking at this could be...
- What if there's more to consider?
- Is there a different perspective I haven't explored yet?
- How might my best friend interpret this?
- Could there be a more helpful way to see this?
- Is there a possibility I'm overlooking?



MirrorCare



# Loop Breaker Affirmation Sheet

Use these reminders to disrupt patterns  
of repetitive or unhelpful thoughts.

**This thought is not fact.**

**I am choosing again.**

**I am safe in this moment.**



## MirrorCare



# Bridge Out of the Loop

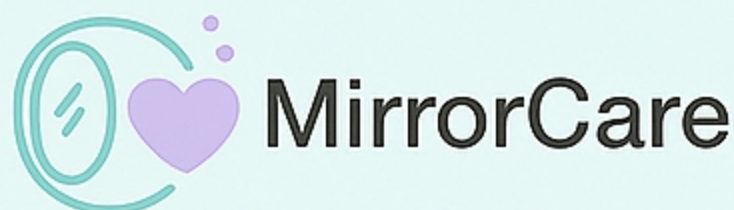


What's *looping* right now?

What's 1 small thing I can do today to shift slightly?

What would I say to myself if I were being kind.

Small steps shift spirals.



# MirrorCare Loop Reflection

Name of loop

What does it try to protect me from

What I choose to believe instead

*I am not this loop. I am the one witnessing it.*



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