




EXAMPLES OF REFRAMING THE SAME EVENT

	PERSON #1 	PERSON #2 	PERSON #3 
A.	New MS symptom appears	New MS symptom appears	New MS symptom appears
B.	<p>Person thinks, “My MS is getting worse. I’m probably transitioning to progressive MS. I’ll be blind and unable to walk before long.” (catastrophic thinking)</p>	<p>Person thinks, “My MS is getting worse. It’s probably because of something I did wrong. I’ve really messed up.” (personalizing)</p>	<p>Person thinks, “This might be an exacerbation. I’ll watch this symptom for a couple days, and if it doesn’t subside, I’ll call my doctor.”</p>
C.	<p>Person feels anxiety, panic, despair, depression; may begin to decline social and physical events.</p>	<p>Person feels guilt, shame, depression. May feel that he or she is not worthy of self-care, and begins to neglect diet, exercise, medication, etc., causing physical and emotional health to deteriorate further.</p>	<p>Person feels concern, but is confident that physician will help manage any new symptom and/or exacerbation.</p>
D.	<p>Person thinks, “Wait a minute. Things don’t spiral out of control so quickly. I bet if I call my doctor, we can get this under control and limit further deterioration.”</p>	<p>Person thinks, “Wait a minute. MS affects everyone differently, and part of the disease involves relapses. It’s not my fault. I’ll call my doctor and see if we can get this new symptom under control so I can start feeling well again.”</p>	<p>Person thinks, “I sure feel good that I paid attention to my body and noticed this symptom before it got much worse.”</p>