Cognitive Flexibility
(Power of Three)

Cognitive flexibility, is the ability for a person to view a situation, event, or thoughts from different perspectives. Typically, this means re-framing automatic negative thoughts into a more positive or realistic perspective. The Power of Three practice has two key steps.

1. Identify the negative thought.
2. Reframe with three plausible and positive alternatives.

Automatic Negative Thoughts (ANTs)

☐ If I eat this cookie I will get fat.
   1. I might be satisfied and have no cravings.
   2. You don’t get fat eating one or two cookies.
   3. If I eat this cookie, I might discover that it’s no big deal.

☐ I won’t have a boyfriend/girl friend because of my weight.
   1. ________________________________
   2. ________________________________
   3. ________________________________

☐ If I don’t exercise today, I will gain weight.
   1. ________________________________
   2. ________________________________
   3. ________________________________

☐ ______________________________________________________________
   1. ________________________________
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☐ ______________________________________________________________
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