

### 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. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

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1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_