



ESTI KEDEM

BIRTH & RELATIONSHIP
EXPERT | CBT CERTIFIED

The Reframe Mini-Workbook

Catch one heavy thought. Gently rewrite it.

A FREE GIFT FROM THE SECURE BOND · ESTI KEDEM

WITH LOVE, ESTI KEDEM

Dear friend,

Welcome. I'm so glad this little workbook found its way to you.

Your internal dialogue is always doing one of two things: sabotaging your growth, or supporting it. The good news? It can be changed. Gently, deliberately, with the right guidance.

In my work as a CBT-certified relationship coach, and in my 14 years beside families as a birth and postpartum doula, I have seen one truth again and again: the thoughts we repeat to ourselves quietly shape our relationships, our confidence, and our peace.

This is the exact tool I use with my clients. It's called the reframe, and it takes ten quiet minutes. One heavy thought goes in. One grounded thought comes out.

You deserve an inner voice that builds you up. Let's begin.

Warmly, Esti

Ten quiet minutes, one grounded thought.

1 Notice the thought

What is the heavy sentence your mind keeps repeating? Write it exactly as it sounds inside.

2 Feel where it lands

When you think it, what happens in your body, and what do you do next? Just observe, without judging.

3 Question it kindly

Is this thought a fact, or a feeling? What would you say to your dearest friend if she said it about herself?

4 Rewrite it

Keep it honest. A grounded thought is not fake positivity, it is the truth, said with kindness.

*I'm failing at
this.*



**I'm learning something nobody prepared me for, and I'm
showing up.**

Three reframes of your own.

Come back to this page whenever a thought feels heavy. ↳ *the more you practice, the faster your mind finds the grounded path.*

THE HEAVY THOUGHT

THE GROUNDED THOUGHT

Gentle tip: if the grounded thought feels hard to believe, soften it with "I am learning to..." or "It's possible that...". Believable beats beautiful, every time.

A GENTLE NEXT STEP

This was one page of a much bigger journey.

If one reframe brought you a breath of relief, imagine what happens when we work on the patterns underneath, in your self-talk, your relationship, and the season of life you're navigating.

Let's meet. I offer a free Relationship Clarity Call. No pressure, no script, just a warm conversation about where you are and what would help.

Book Your Free Clarity Call → thesesecurebond.com

Or [message me on WhatsApp](#). I read every message.

Want to keep going on your own? My guided books continue this work:

- 📖 **The Secure Bond Blueprint** · rewrite your story with the full CBT toolkit
- 📖 **The First Forty** · a 40-day healing journal for new mothers
- 📖 **Self-Care & Gratitude** · gentle rituals for busy seasons



ESTI KEDEM
BIRTH & RELATIONSHIP
EXPERT | CBT CERTIFIED

thesesecurebond.com