

Cognitive Reframe Assistant

Your thoughts are valid. Let's explore them from different angles.

What's on your mind?

Share a thought, feeling, or situation you're working with. No judgment—just exploration.



Explore Perspectives

Start Fresh

Choose Your Lens



Compassionate Observer

What would a kind friend notice?



Growth Mindset

What might this be teaching?



Curious Scientist

What data do we actually have?



Systems Thinker

What's the broader context?



Future Self

How might I see this later?



Both/And Holder

What if multiple truths exist?

Remember Your Authority

These are perspectives, not prescriptions. Your original thought is valid. You're exploring, not fixing.

You decide what resonates. You choose what serves. Your sovereignty remains intact.

No data stored. No patterns judged. Just a mirror for your own wisdom.