

# Top CBT-SAD Winter Reframes

1. Winter is not the enemy — winter is the exhale.  
Summer is the inhale. Winter is the release.
2. Darkness is not emptiness. Darkness is incubation.  
Seeds sprout underground. Ideas do too.
3. Slowness is not failure. Slowness is seasonal intelligence.  
Nature isn't lazy. It's rhythmic.
4. Early nights are invitations to gentler evenings.  
Not less life — deeper life.
5. My energy is not disappearing. It is consolidating.  
Like sap returning to the roots.
6. Light is scarce now — so I become intentional with it.  
Candles, lamps, dawn alarms: ritualizing light is medicine.
7. Winter is not a shutdown. It's a recalibration.  
The body shifts to introspective mode.
8. I don't need summer energy to be worthy.  
Productivity isn't the measure of my value.
9. Quiet seasons grow strong roots.  
What looks still on the surface is active beneath.
10. Winter teaches me the beauty of enough.  
Enough warmth. Enough light. Enough presence. Enough effort.
11. My mood is not the winter — it's only a passenger in it.  
The season isn't in control; my tools are.
12. This time of year teaches me softness.  
Soft lighting. Soft blankets. Soft breath. Soft expectations.
13. Winter is the sanctuary season.  
A time for reflection, ritual, and inner alignment.

14. I respond to the season; I don't surrender to it.  
I have structure, steps, tools, and choices.

15. Light returns. It always returns.  
Every winter contains a solstice — the turning point.