



Reframing

Reframing changes the relationships we form between experiences or thoughts and the meaning we give to them. We aren't changing the content of what happened – just the meaning.

With the notion that all behavior has a positive intention, here are some reframe questions that can be used to challenge limiting beliefs or negative thoughts in order to find a positive, empowering new belief or perspective:

1. What is it I believe to be true here?

2. What evidence do I have that it is true?

3. What is the positive intention of the experience/belief?

4. What else might be true?

5. Is this new belief more empowering or disempowering?

6. What else could this mean?

7. What if... For instance, what if none of what I believe is true?

8. How would I rather be feeling?

9. What would need to occur to have a different experience?

10. What did I learn from the experience? (focusing on something positive)

***** Challenge yourself to use a reframe when you catch yourself giving false meaning to a situation.***