Skill of Reframing

The skill of reframing is a tool used to assist you or another person to more constructively move on from a situation in which you or the other person feels stuck, confused, frustrated and/or angered.

The aim of reframing is to shift one's perspective to be more empowered to act-and hopefully to learn at the same time.

Choosing to reframe negative statements into positive, proactive statements is a powerful tool.

Examples:

- Example: "I really doubt that I can do anything about this."
- Reframe: "What is one small step that I can take."

- Example: "I can't believe I'm stuck in traffic again, this is going to set me back big time work wise in the office."
- Reframe: "Can't control the uncontrollable, might as well practice the speech I'm giving next week."

- Example: "There's no way I can consider exercising this week, I've got so much to do to prepare for the holidays"
- Reframe: "This is a time of the year that can be so busy but it is short lived. I wonder in what small way might I be able to carve out some time for myself that would actually leave me feeling a bit more energized."

- Example: "I am so confused. I don't even know what I want."
- Reframe "I am discovering day by day what my values, goals and priorities are."

- Example: "I am just a full time mom."
- Reframe: "I am a teacher, leader, mentor, advocate, entertainer, personal assistant, nurse, public relations specialist, chauffeur, hairdresser, chef, guardian, cheerleader....woman of action!

- Example: "That's just my luck, things just never go smoothly for me"
- Reframe: "I create my own luck, what can I do differently so I can avoid this scenario from happening again."

The Power of Changing Your Language

One of the most effective ways to squash negative self-talk, is to change how you speak. Changing your language changes your reality.

Language originates from thoughts and feelings. Words, and the intention behind them are either negative or positive in thought. They convey an underlying message to our energy centers creating physical, emotional, and spiritual responses.

For example:

Positive Language	Negative Language
Choose, desire, want	should, might
It's important to me	need to
Desire to	have to
Am not willing to, choose not to	can't
Choose, desire	always, never
And	but
Yes, I will or No, I won't	maybe
I know or I don't know	I think

Positive language is centered, grounded, responsible, powerful, healthy and empowering. It builds us up and helps us to believe in ourselves and our power.

Negative language is counterproductive and disempowering and wears us down. It prevents us from greater success and happiness.

Examples:

"I need to lose 15 pounds." vs. "It's important to me to be 15 pounds lighter."

"I will try to save $2500 for a vacation." vs. "I'm saving $2500 by June 1st for my vacation."