

REFRAMING

Where to Start...

Cognitive reframing is a technique used to shift your mindset so you're able to look at a situation, person, or relationship from a slightly different perspective.

Just like with everything, reframing takes practice. This is not about perfection but progress. Here are some steps in the reframing process:

- 1. Write down your thoughts!** What is the thought about yourself, someone else or a situation that you need to reframe? You have to identify the thought or thoughts before you can reframe them. It is important to be specific.
- 2. Check the Facts!** Facts are critical to reframing. You have to take some time to write down all the FACTS. Our emotions often spin out of control when we fixate on opinion or how something made you feel. There is a time and place for pinpointing your emotion but this space is for facts only.
- 3. Change what you ask yourself!** Instead of asking, "is this true", ask "is this helpful"? We all have thoughts and beliefs while they may have some truth to them, they are not beneficial to us and our well being.
- 4. Ask yourself what you would say to a friend with the same thought.** We often treat others better than we treat ourself. Start role playing, giving yourself (pretending it is a friend) advice.
- 5. Shoot for realistic, not positive!** The misconception of reframing is that we are always replacing negative with positive. Sometimes we have to reframe a thought to be a realistic and "doable" in the midst of a hard situation. Note: sometimes it is about negative to positive.
- 6. Find meaning!** In any situation or circumstance we can find meaning and purpose. The more you train your mind to do this the easier it is to practice when you get caught off guard with a thought or circumstance.
- 7. Turn your thoughts into an action!** What can you do that is in your control and is proactive. Sitting in your thoughts and letting them spin is not generally productive.

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Taking Action...

It is time to take action!

Write down your thought!

What are the FACTS?

What is helpful?

What advice would you give a friend?

What is realistic?

What meaning or purpose can you find?

What action will you take?
