MAKE ROOM FOR ANOTHER PERSPECTIVE

Reframe It

Explore a more balanced way to understand a difficult situation.

REFRAMING IS NOT PRETENDING

You do not have to call a painful situation good. Reframing means considering whether there is another accurate, useful way to see it.

1. Describe what is happening

What situation would I like to look at differently?

What meaning am I giving this situation right now?

What feeling or need might be underneath that interpretation?

2. Separate what you know from what you assume

What do I know for sure?

What am I guessing, predicting, or assuming?

“A new angle can reveal choices you could not see before.”

TRY A DIFFERENT LENS

Reframe It

Keep what is true. Add perspective, options, and self-respect.

3. Explore another perspective

What are two other explanations that could also fit the facts?

What would a fair and caring person remind me of?

4. Write a balanced reframe

Try this starter: “This is difficult because ____. I do not know ____ yet. I can ____ next.”

My balanced reframe:

5. Put the reframe to work

What is one part I can influence? What is outside my control?

One small, respectful next step I can take:

I can return to this thought later and revise it as I learn more.

“A reframe can be honest and still leave room for hope.”