

Reframing

Purpose

To help us see a troubling situation from another angle and in seeing it differently, to widen the choices we have for responding in the moment

When to Use

Develop as an ongoing practice so that we can use during meeting when we need to step back from our own strong judgments or interpretations

Description

1. Notice when we are making strong judgments from emotion or based on habitual ways of seeing things.
2. Ask yourself:
 - How else might I think about this situation and what I am doing in it?
 - What other stories might I tell myself about it?
 - What positive intent, explanation or implications might be connected with this situation?
3. As you notice your patterns of emotional hot buttons, habitual ways of seeing things, and beliefs aimed at preserving your self-image, begin to look for new ways to frame these beliefs.

Example:

The person raising his voice is disrespectful and rude.

Looks like this issue is really important to him.

He is doing his best right now to express his anger.