

## MINDSET MASTERY #1 TIP SHEET

# PRACTICING REFRAMING

*So, how can you develop the ability to reframe even the most challenging of circumstances? The secret is to apply a 3-step reframing process!*

## First...

*Reflect on a current difficult situation you are facing right now which you think would be helpful to reframe. If you don't have anything right now, think about something you have faced in the past that you think you could have had a more constructive response to.*

### 1

**Pause and reflect** on your current thoughts and behaviours in response to the challenge.

- What emotions am I currently feeling? Name them. Are there multiple emotions or just one?
- How am I currently feeling in my body? What physical symptoms am I experiencing? Are they causing me distress or comfort? Can they be linked to my emotions?
- What are my current thoughts in reaction to this situation? Do they have a theme: are they positive? Negative? Self-critical? Catastrophising? Are they distressing?
- How do I want to act right now? Have I lost my appetite? Do I want to eat or drink? Do I want to withdraw from others? Do I want to lash out, yell or scream?
- How am I currently acting? Am I pacing, biting my nails or picking at my skin? Am I engaging in any potentially dangerous or hurtful behaviours?

### 2

**Interrogate and challenge** negative or unhelpful assessments of yourself and or the situation.

Ask yourself these key questions:

- "Am I currently thinking and taking actions in a way that is the most constructive and solution focused?"
- "What can I do right now to help myself get through this moment, in a healthy way?"
- "How can I act and think right now that can help the situation, not damage it or make it worse?"
- "How are my current thoughts and actions going to impact the people around me? How can I change this for the better?"
- "What am I trying to achieve here? What do I want, what am I pursuing?"

### 3

**Actively replace** negative or unhelpful thinking with a more helpful, realistic, or positive point of view.

- "Is there any way I can "flip" these thoughts? If I'm thinking negative thoughts, what is something positive I can take from this situation?"
- "What assumptions am I potentially making about people and/or circumstances related to this problem?"
- "What might be useful about this experience? How else could I interpret the meaning of this situation? How can I rephrase it or change it into something positive?"
- Pretend there is a solution to the situation: "What ideas come to mind? Where could I search for the answers?"

# Examples that can help shift my perspectives....

## Shifting from passive to active

"I really doubt I can do this" can turn into "What is one small step that I could take?"

## Shifting from negative feelings to positive feelings

"I don't want to work on this project because it makes me sad" can turn into "What small part can I work on now, that might even leave me feeling a bit more happy?"

## Shifting from past to future

I have never been good at this" can turn into "What steps do I need to take to get better at it?"

## Shifting from future to past

"I can't seem to get started on this goal" can turn into "Has there been a time in the past when I've achieved a goal, and if so, what did I do back then to be successful? How might I use that approach now?"

## Shifting from others to oneself

"They don't seem to like me" can turn into "What do I like or appreciate about myself?"

## Shifting from liability to asset

"I'm such a perfectionist" can turn into "How might being a perfectionist help in my job and life? Could it be called something else?"

## Shifting from victimisation to empowerment

"This always happens to me" can turn into "Sometimes these things happen. Perhaps it can be more useful for me to explore if I'm somehow doing this to myself?"

## Shifting how we respond to our physical symptoms

An example can be if you physically shake when you're nervous, angry and excited. You can change your response to your physical reaction with how you label it. If you label the shaking as anger, you are guaranteed to feel more angry. If you label the shaking as nervousness, you are guaranteed to feel more nervous. If you label the shaking as excitement, you are guaranteed to feel excited.

## "Switching" our physical symptom label

Another way to shift your perspective to your physical symptoms can be to 'rename' them to what you want them to be, that is "switching" the label. Suppose you're feeling nervous and shaking, and you are feeling nervous! Try labelling your shaking as "excitement" and see where your mind goes. If your mind keeps returning to "nervous", keep relabelling it as "excitement", the mind will eventually follow suit!



**Congratulations you  
have just reframed  
your situation!!**

*This is an automatic helpful habit that  
resilient individuals have when faced  
with life's many challenges!*

If you or someone you know needs help contact **TIACS** on 0488 846 988 or your organisation's Employee Assistance Program (EAP), your GP or call: **LifeLine** on 13 11 14, **Kids Helpline** on 1800 551 800, **MensLine Australia** on 1300 789 978 or the **Suicide Call Back Service** on 1300 659 467.