

Reframing

"The greatest discovery of my generation is that human beings, by changing the inner attitude of their minds, can change the outer aspects of their lives."

- William James

Reframing involves changing your perspective on a situation to give it a more positive or beneficial meaning to you.

How to Reframe

To reframe a negative thought, notice it and then replace it with a positive one. Here are some concrete strategies to do that:

- Use milder wording instead of all-or-nothing reasoning
- Work with the data you have instead of predicting the future in a negative way
- Savour the moment instead of discounting the positive
- Keep perspective instead of over-generalization
- Challenge your assumptions instead of believing everything you think
- Ask yourself questions to reflect on the positive aspects of the situation:
 - "What is the best way for me to accomplish this?"
 - "What can I learn from this?"
 - "Where is the opportunity in this?"

Practice Reframing

1. Identify a concern or worry associated with the current uncertainty.

2. Write reframed statements that are more constructive and useful to you.