



REFRAMING

How we handle the issue *is* the issue.

Have you noticed how there are people around you who are living in the same situation you are but having a totally different experience? It's all a matter of framing. We can't always change the situation around us, but we can, sometimes with a little work, change the way we frame and experience it.

In this practice, you will do a little reflecting on, and writing about, what is happening for you in a given moment, using the following cues (you can use any one of them as a starting point to help "discover" the others):

My Thought in this moment is... *I wish this wasn't happening, we're not going to be OK*

My Feeling in this moment is... *scared, helpless, angry, frustrated*

My Actions in this moment are... *withdrawing, panicking, fidgeting, arguing*

My Experience in this moment is... *freaking out, unsafe*

Next, look over those and ask yourself: *If I could consciously change one, what might it be?* Maybe it's a thought. For example:

What if I thought... *how can I help?, this is an opportunity, we're going to be OK*

How might I feel?... *empowered, compassionate, peaceful*

What Actions might I take?... *connect with someone and check in, help someone in need*

What might my Experience be like?... *inspired, excited*

How would that affect your life? Would that be an improvement? Would you be interested in that?

Remember our experience is informed by our thoughts, our feelings, and our actions. There is no magic formula for feeling good, but broadening our perspective to include other possibilities can often show us options and opportunities we didn't see before. Remember, you're not required to think or feel any one way. There is no feeling that is truer or more right than another. You're not "ignoring reality" if you're not panicking. There is definitely an opportunity to take on another way of thinking, feeling, or being that can help you shape reality in a way that serves you and everyone around you.

Repeat at least once a day. Use as often as necessary.

Thought	
Feeling	
Actions	
Experience	

Thought	
Feeling	
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