

REFRAMING – Linda

Ever take a picture off the wall and put it in a new frame? Same picture with a new look and meaning.

Words and actions can be reframed.

For instance, if my child comes home late, “I can say to myself, “she is irresponsible, disrespectful etc.” or I choose to reframe her choice.

Reframing assists us in staying neutral and out of judgment.

Reframing focuses on the behavior, not the person. The reframed choice might look like; “I wonder what happened to cause her to make the choice to be late”. Reframing takes the sting out of “button pushing”.