

# Five Steps

TO REFRAME YOUR INTERNAL STORIES!

1

## Catch Yourself in the Act!

Recognize the moment you begin to tell a self-defeating, negative, or catastrophizing story in your head.



2

## Practice QUA

Question what you thinking! What assumptions are being made? Are the beliefs valid?



3

## Create a Plot Twist!

Flip the script by challenging your "story." Think of examples that prove your assumptions are wrong. Use triggers like "Remember a time ..."



4

## Write a New Story

Write a new story using your plot twist, that transforms the situation into something more positive.



5

## Create a Movie Adaptation

Visualize your new story, in vivid detail, with emotion, using all your senses! And replay it often!



## BONUS!

Relax and live in the KNOWING that you are claiming your highest and best possible outcome!



# Reframing Tools



When I'm saying:

**Absolutes**  
(All/Every/  
Always/Never)

**Prohibitions**  
(Can't/Must/  
Should)

**Unspecific**  
(They say/  
It's/The rules)

**Unrealistic  
Comparisons**  
(I'm too ...; I'm only ...)

**Negative View**  
(Frustration/  
Skepticism/Cynicism)

Reframe by:

Repeating the statement as a question. For example, "All my work is horrible? Really? Is that true? All of it? Can I find at least one instance that defies my statement?"

Exploring where the prohibition originated, and asking if it's valid. Ask what the consequences would be if I could? If I didn't? If I ignored the 'should'? When in my past have I done what I did not believe I could? When did I bypass a 'must' or 'should' and experienced powerful results?

Asking: How, Who, or What specifically is affecting my thinking/actions? For example: Who specifically is 'they'? What specifically is 'It'? Which specific rule am I questioning?

Asking: Compared to what? To who? Where is there an exception? Is the comparison valid and based in truth? What value do I provide? Be specific and descriptive (i.e., instead of "I'm too old", say "I'm in my 70's, and lots of people do this in their 70's!")

Asking: How can I see this differently? What is a positive flip? What is the other side of the coin? Use the phrase, "In the bigger picture of things..." See things as Information. Ask: How can I use this for good?

If you don't like the script, remember you are the writer!  
(Cher Holton)

*Spiritual Practice*

# The Art of **REFRAMING**



**Whenever you are feeling frustrated, angry, cynical, or any other emotion that is disrupting your inner peace and Spiritual well-being, use this Spiritual Practice to realign with your Extraordinary Higher Nature!**

**Relax!**

Pause and practice the Calm & Connect Breathing Technique. (Inhale to a slow 4-count; hold to a slow 7-count; exhale through pursed lips to a slow 8-count.)

**Reset!**

Create the conscious intention to reset by claiming your Power to choose how you want to respond to the situation creatively, positively, and in alignment with your Higher Nature.

**Reframe!**

Ask yourself these questions to reframe your experience and reclaim your Inner Peace and Spiritual Well-being:

- How can I see this differently?
- How can I “flip it?”
- What tools can I use to stay centered?
- How can I use this for good?