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WELCOME

The art of REFRAMING : increasing awareness

By Marleen Boen



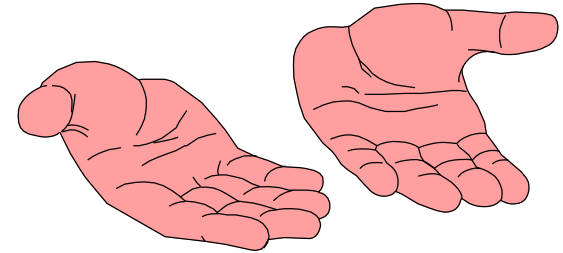
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INTRO

Who is who?

Describe yourself at your best
in 5 sentences





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Basic principles to enhance awareness

- “When you change the way you look at things, the things you look at change”
- “There is no such thing as reality – there is only perception”
- There is always a positive intention – the intention can be different from the effect.
- We can direct our attention to what is available or to what is missing – what is your preference ?
- There is no such thing as failure – there is only feedback.
- We’re not in control of our destiny, we’re in control of our probabilities
- Reducing anxiety = building courage.
- DISCOVERING importance and difficulty of these principles



REFRAMING is :

- Putting another frame around the experience in order to change perception and to open the gate towards the desired effect.
- We can choose the frame we put around our experiences – we can find them difficult or enriching
- Reframing is a technique of changing one's perspective in order to change the meaning of something



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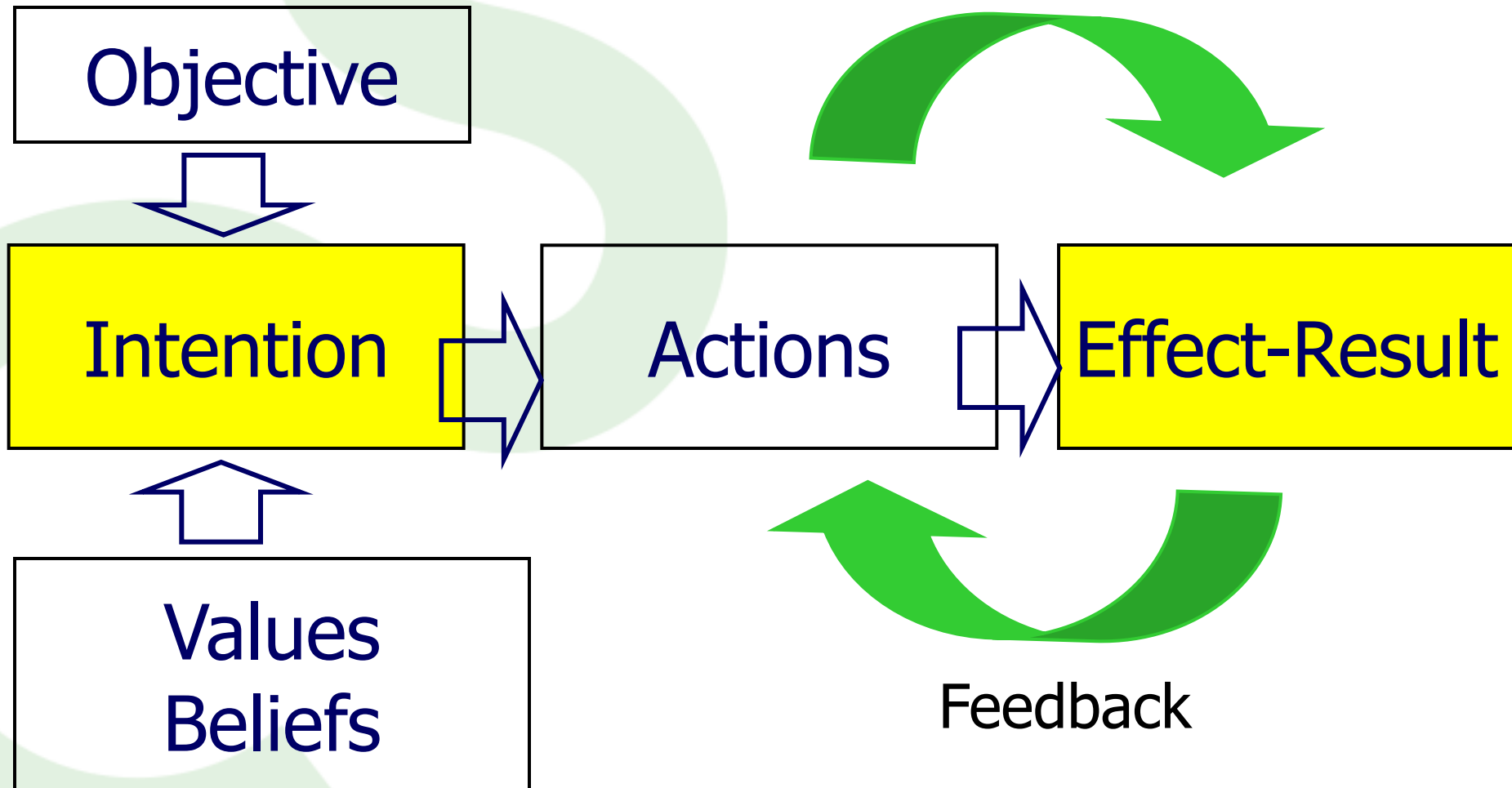
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Reframing is the technique of looking at things differently and changing your normal tendencies and reactions.

Imagine seeing an original painting of Monaliza by Leonardo da Vinci in a cheap frame, your normal reaction would be, "this painting is not an original". But again, when you see the same painting framed expensively you would say "this is an original". The painting is the same, there were no two paintings that were framed, the only difference is the frames used at different circumstances and you reacted differently in both situations.

Reframing changes the content and/or context of a situation. How you think determines how you react.

Intention and effect





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Changing the mind set

- What do I want to hear, see and feel ?
- Finding the positive intention or consequence in a situation or experience.



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Creating a positive mindset

- When you look through the difficulty, what is positive in the situation ?
- What do you take from it ?
- In what way does this experience make you stronger ?
- What would you do different next time ?
- How can you prepare not to step in the trap of negativism ?



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Reverse the focus

- Cutting generalisations into pieces
 - Everything goes bad
- How can this make you a better person ?
- What is confrontational in this situation ?
- How will this situation affect new situations ?



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Value of resistance

- Resistance is the first step to change
- Resistance is based on worry or fear to lose something
- Resistance shows a need
- Resistance disappears if you accept it



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HARVEST positive experiences in your consciousness !

- FOCUS on three positive learnings



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