

Reframing

Every day we have a choice

Every human experiences challenges and frustration, it's normal. Yet, when we keep our thoughts, language and behaviours positive we are more innovative, effective, happy and resilient.

Reframing our negativity to positivity is a really simple concept and is easy to use for yourself, your kids and your partners. If you live with negativity (self or others) reframing can change your life!

Above the Line	Ownership Accountability Responsibility
Below the Line	Blame Excuses Denial

People who exist 'above the line' accept responsibility, take ownership for their outcomes and hold themselves accountable.

Negativity lives 'below the line' where people blame others, make excuses for their actions, or lack of, and reject accountability. 'Below the line' drains energy and is unproductive.

Where do you want to be?

Where do you want your kids to be?

A simple way to reframe is turn the negative into a positive and ask yourself, or the other person, an open question. Examples:

This is too **hard!**

What would make it **easier**?
What **can you do** to get one step closer?

I **can't** focus at home!

What **helps** you focus?
How **can** you approach it differently?
What do you need so **you can** focus at home?

This is **impossible** in the timeframe!

What **is possible** in the timeframe?
How much time do I need?
How can I **make this work** in the time given?

I'm **terrible** with Technology!

Which technology do I **know how to use**? How did I learn that?
What do I need so that I **can learn**?

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Reframing Yourself

- Think of 2 'below the line' statements that you say or think.
- Underline the negative word/s. Identify the positive opposite.
- Reframe the statement using an open question: *who, what, when, where, how*. Do not use 'why'.
- Practice, practice, practice!

Statement 1:

.....

Reframe 1:

.....

Statement 2:

.....

Reframe 2:

.....

Reframing Others

Create a happier and productive life around you by keeping kids, partners and work colleagues 'above the line'. Write down 3 common negative statements you hear and then reframe them so you're prepared next time you hear it. Then practice, practice, practice!

Statement 1:

.....

Reframe 1:

.....

Statement 2:

.....

Reframe 2:

.....

Statement 3:

.....

Reframe 3:

.....

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