



Reframing Activity

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| Identify a current challenge. | |
| What do you think about it? What are you saying to yourself? | |
| How do you feel about it? | |
| How is that playing out in your response? | |
| What does a good outcome look like? <i>The opposite positive situation to your current challenge.</i> | |
| What do <i>you</i> need to be <i>doing</i> to achieve that? | |
| How do you need to think about it differently? | |
| How will you feel instead? | |
| What will you do differently going forward? | |