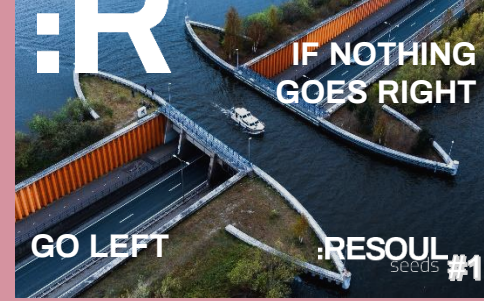


REFRAMING

Reframing is all the rage these days. Whether people see danger or opportunity in crises depends less on facts and more on their internal assessment of the situation – in short, a **Change Of Perspective**.



Reason enough to take a look at the concept of **REFRAMING**.

Self-test

1. Take a sheet of paper. On the **left side**, describe a current personal problem:

What are the specific elements of the problem? What exactly is bad about it?

2. Now, **on the right**, describe the following:

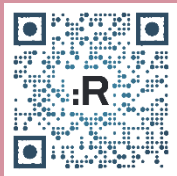
How would your friend, an eternal optimist, frame the situation? What specific positive points would she make about the current situation and the chances for the future?

3. Consider **both sides**:

Which of your friend's points can you agree with? What difference does her perspective make to your perception of the situation? What feels good and opens up new ideas?

This is, of course, highly simplified, but do you recognize the possibilities afforded by this approach?

*Want more?
(German)*



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More Tools?
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:RESOUL
seeds #1