

Reframe it



The way we interpret events triggers the way we think, impacts our emotions and our behaviours. Having the ability to approach or consider your thoughts from a different perspective, is a key aspect in helping to build resilience.

Reframing gives you a practical, effective and productive way to deal with adversities that may come your way. It requires emotional awareness and self regulation - both of which can be practiced through this activity. One of the key skills is to recognise the beliefs as they happen. Stop, think accurately, then respond (ABC of Thinking Patterns model).

Activity

Think of an experience that gave rise to negative thoughts. Aim to reframe this situation. Firstly think about what you've done and secondly think about what you could have done differently and how you will act in the future in a similar situation.

For example:

	What happened	What you thought	Consequences: Feelings and actions taken
Negative	Your application was unsuccessful	I'm not good enough	Inadequate, lose confidence and stop applying for other jobs
Positive	Your application was unsuccessful	It wasn't the right role for me	Learn from your feedback, continue your job search

Now populate the same table with your own example.

	What happened	What you thought	Consequences: Feelings and actions taken
Negative			
Positive			

	What happened	What you thought	Consequences: Feelings and actions taken
Negative			
Positive			

	What happened	What you thought	Consequences: Feelings and actions taken
Negative			
Positive			

Approaching or considering something from a different perspective is a key aspect to building resilience and keeping our growth mindset active during change. Changing the way we think about things can help us overcome issues, solve problems or change negatives into positives.