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Reframing nlp technique

Nlp reframing examples. Nlp reframing techniques pdf. What is reframing in nlp.

Reframing is one of the most effective NLP Techniques for altering your mind and behaviour. Look at the blue framed picture above and look at the squint grey lines that are running horizontally across the picture. Now look closer. Those grey lines running across the picture are not squint. They are in fact straight. The rows of black and white squares, as well as the grey lines in between, are all parallel. The boxes vertical zigzag pattern disrupts our horizontal perception of the picture. This shows us that it is our perception that affects our version of reality. Reframing NLP helps identify unwanted behaviour Learn how to effectively communicate with yourself and understand the purpose of these behaviours Find additional, more positive, ways to achieve the same outcome Reach a new understanding of how your thought processes operate and how they try to assist you Reduce your stress levels and maintain control over your thoughts, your emotions and your feelings The voyage of discovery is not in seeking new landscapes but in having new eyes. Reframing NLP is a fantastic Neuro Linguistic Programming technique that challenges how we perceive situations in our life. Reframing shows us, that the experiences we have in our lives are not reality, they are our interpretation of reality. Your mind creates your reality and what is one thing to one person, can be something quite different to another Lets look at an example. This farmer was considered to be well off, as he owned a horse for which he used for transport and for ploughing his fields. One day his horse ran away. All of his neighbours exclaimed at how terrible this was, but the farmer simply said, "Maybe".



A few days later the horse returned and brought two wild horses with it. The neighbours all rejoiced at his good fortune, but the farmer just said, "Maybe". The next day the farmers son tried to ride one of the wild horses and the horse threw him up in the air and broke his leg. The neighbours all offered their sympathy for his sons misfortune, but the farmer again said, "Maybe". The next week, conscription officers came into his village to take young men for the army. They rejected the old farmers son because of his broken leg. When the neighbours told him how lucky he was, the wise old farmer replied, "Maybe". This story shows us that the meaning of any event depends upon how you choose to look at it, or how you choose to frame it. The story and the event stays the same, however by changing the frame around the event, you give it a whole new meaning This is what is known as reframing. Any event can be given a different meaning, depending on the context you give that event, and that meaning will dictate how we react and feel, rather than the actual experience itself. You also have the ability to take any situation or experience and change it's meaning. Reframing NLP is also a clever trick that is used by both politicians and advertisers in order to distract your attention away from one aspect and focus it on another. Such as, you may hear a politician say, 10 soldiers were killed today, however we have now secured the area and brought peace to the town. Clearly, the politician is taking a regrettable situation and reframing it with one that appears more positive. Similarly, an advertiser may attempt to emotionally persuade you of the fat burning capabilities of a new exercise machine, while distracting your mind from the extortionate price. Another form of natural reframing that you may have had experience of is laughing at a situation that at the time, years ago, was quite serious, however now that time has passed, you can see it in a more humorous light. This is your mind simply reframing this past event and now viewing it from a different perspective. Instead of focusing on the negative aspect, try to see what positive effect it has had upon you A positive can be taken from any negative experience This is the NLP principle that all behaviour has a positive intent and finding the positive intention of a behaviour is a form of NLP reframing. Generally, you don't intend to hurt people or harm them with your words or actions, even if the effect is different.

Where you or someone else did intend harm to another, there is still a positive intention for the self, that is to feel safe, powerful, in control, or to prevent the person doing something again or as a punishment. The sooner you believe that to be true, the sooner you can take control of your life's journey and your eventual destination. Reframing gives you more control over your life by making you aware of how your own mind creates your reality. If you have the ability to change the meaning of any situation, you can turn a dis-empowering feeling into an empowering feeling, a demotivating feeling into a motivating one and a painful experience into a pleasurable one. As this website is all about changing you, for the better, how can we use reframing NLP to bring negative aspects of yourself into a more positive light. There exists a "Six Step Reframe NLP Technique" that i will share with you now. This will help you to alter your perception of the events in your life, past and present. STEP.1 - Identify a troubling behaviour or response, something you would rather not do or feel. STEP.2 - Establish communication with the part creating the unwanted behaviour or response.

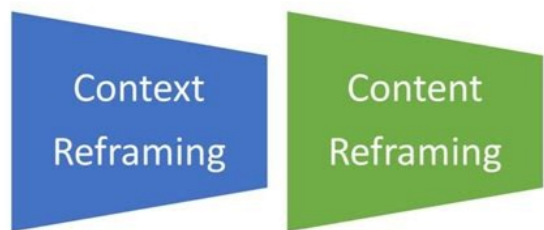
Ask if it would be willing to communicate consciously. This communication might be a sensation somewhere in their/your body, a picture, voice or sound. When you get a signal, first thank the part for responding. When we have fought against particular behaviours within our minds, they can feel a sense of alienation from you, so it's useful to be polite and this acts as a means of programming what is essentially a part of your brain. STEP.3 - Find the positive intention. Ask the part "What do you want? What positive thing are you trying to do for me? The key here is to recognize the difference between the parts intention and the way it is going about getting it. Have you ever tried to be helpful and the person misunderstood your intention and got annoyed? How does it make you feel? Are you likely to help a second time? Our unconscious parts feel the same. Here they are doing the best they can to achieve something for you. Is there thanks or even appreciation? We might have a long history of fighting and shaming this response. If a neighbour repeatedly told you what a worthless lazy bum you were for not cutting your gardens grass more often, would it inspire you to cut the lawn? I have no idea why many of us think shaming works to change behaviour It doesn't work for me. Assuming that this aspect of self has a positive intention can create rapport and therefore makes it more willing to cooperate. STEP.4 - Ask for help from their/your creative part to create three alternative ways to get the intended outcome.



STEP.5 - Have the part evaluate these new choices. Are they acceptable?

Will they be as good as or better than the previous behaviour? It needs to be willing to try them out for the next month or longer if appropriate. The key here is negotiation. If the part with the unwanted behaviour is not happy with these alternatives, it is unlikely to give them a go. If you have ever agreed to something because you were bullied into it, you'll know how important willing commitment is. When the alternatives are not acceptable, go back to step 4 for better choices. STEP.6 - Check for objections with other parts of ourselves. When we change behaviours we can affect other people as well as aspects of ourselves. Even changes we think are fabulous have unintended consequences. We get our new car, but our golf clubs won't fit in the boot. If there are objections, put them through the same process from step 2 - what is the positive intention etc? You cant change the past. And you cant always control events in the present or the future events still to come. However you can always change how you choose to look at them both. You can change your perception of something and thereby change your experience of it. Because it's your perception that creates your reality. That's it for the Reframing NLP techniques. I hope you can make good use of it. Tagged Cognitive reframing is a technique used to shift your mindset so you're able to look at a situation, person, or relationship from a slightly different perspective. Cognitive reframing is something that you can do at home or anytime you experience distorted thinking. It can sometimes be helpful to have a therapist's assistance, particularly if you are caught in a negative thought pattern.

NLP Reframing



When the technique is used in a therapeutic setting and practiced with the help of a therapist, it is known as cognitive restructuring. The essential idea behind reframing is that the frame through which a person views a situation determines their point of view. When that frame is shifted, the meaning changes, and thinking and behavior often change along with it. Another way to understand the concept of reframing is to imagine looking through a camera lens. The picture seen through the lens can be changed to a view that is closer or further away. By slightly changing what is seen in the camera, the picture is both viewed and experienced differently. Reframing may be used to change the way people think, feel, and behave. Here are a few examples of how reframing may be used in therapy. In a family therapy session, Carla complains bitterly that her mother is overly involved in her life, constantly nagging her about what she should be doing. In attempting to shift Carla's negative view of her mother, the therapist offers this reframe: "Isn't it loving of your mother to teach you ways to take care of yourself so you'll be prepared to live on your own without her?" A person in individual therapy is struggling to accept the limitations of having a chronic illness. The therapist attempts to reframe how they view their illness by saying, "Can you think of your illness as a built-in reminder to take care of your health throughout your life?" Or, someone is upset that they weren't chosen for a promotion. The therapist asks them what positive things could come from not being promoted. They might note that the new job came with some unwanted additional stresses and that they might be able to work toward another role that is better suited to their needs and long-term career goals. Or, someone is angry about getting a ticket for texting while driving, so their therapist talks about the dangers of texting while driving. Eventually, the person is able to see that the ticket might help deter them from engaging in the dangerous behavior again in the future. Cognitive restructuring can be used to treat a wide variety of conditions, including: In addition to mental health conditions, cognitive restructuring has also been found to help people cope with: Caregiving Grief and loss Low self-esteem Positivity Relationship issues Cognitive reframing can be useful for people who are experiencing mental health conditions, but it can also be helpful for improving overall mental well-being. Using cognitive reframing can help you become more positive and resilient in the face of life's challenges.

Cognitive reframing, whether it is practiced independently or with the help of a therapist, can be a helpful way to turn problems or negative thoughts into opportunities for change and growth. While this technique is often used in therapy, it's something that you can use at home as well. With practice, you can learn to remind yourself that your initial conclusion is only one possible explanation. It's easy to get into the mindset that your outlook is the only way to look at a problem. Cognitive reframing teaches you to ask yourself questions like, "Is there another way to look at this situation?" or, "What are some other possible reasons this could have happened?" Pointing out alternatives can help you see things from another view. Don't try to deny or invalidate what you are feeling. If you are helping a child or teen reframe a situation, remember to validate their feelings by saying, "I know you are nervous that they haven't called you back. I know when I feel nervous I always imagine the worst-case scenarios but often, those things I imagine aren't true." You also might help yourself or your child stay mentally strong by asking, "What would you say to a friend who had this problem?" You may find that you're more likely to speak to others in a kinder and more compassionate way than you talk to yourself.



The goal should be to help develop healthy self-talk. Eventually, you'll learn to recognize there are many ways to view the same situation. Cognitive reframing can help change your perspective, help validate your emotions, and allow you to show yourself some compassion. There have been numerous studies on the therapeutic effects of cognitive restructuring for patients as well as the benefits of cognitive reframing for providers and caregivers in terms of preventing burnout. For example: Cognitive reframing has been proven effective to help minimize anxiety and depression and enhance quality of life during the COVID-19 pandemic. A study on practitioners who treated individuals with substance use disorder found that cognitive reframing helped them experience less burnout and greater treatment results. In caregivers of individuals with dementia, cognitive reframing was found to reduce caregiver anxiety, depression, and stress and enhance communication and overall quality of life. One study on people with mental illness and PTSD found that cognitive restructuring reduced symptoms and improved functioning. A 2014 study showed that cognitive restructuring reduced post-event processing (PEP), or the reflective thoughts you have after a social situation, for individuals with social anxiety disorder.

Hosted by therapist Amy Morin, LCSW, this episode of The Verywell Mind Podcast, featuring actor Nathan Kress, shares how to handle the stress that can arise after you've taken on a caregiver role. Click below to listen now. Follow Now: Apple Podcasts / Spotify / Google Podcasts While you can practice cognitive reframing on your own, it requires time, effort, and patience. It may be challenging to be honest with yourself and spot the negative thought patterns getting in your way on your own. When you know what to be on the lookout for, however, it becomes easier. Some common cognitive distortions, or tendencies and patterns of thinking or believing, that can cause negative thought patterns include: All-or-nothing thinking: Seeing situations in absolute terms Blaming: Attributing complex problems to a single cause Catastrophizing: Always imaging the worst thing that can happen in any situation Discounting the positive: Ignoring or discounting the good things that happen to you Mental filters: Focusing only on the negatives and never on the positives "Should" statements: Always feeling like you've failed to live up to expectations of what you "should" do in a situation Consider whether it's best to address these cognitive distortions on your own, or to work with a therapist to identify and develop coping strategies. Especially if you're experiencing suicidal ideation, it's imperative to speak with a mental health professional. If you are having suicidal thoughts, contact the National Suicide Prevention Lifeline at 988 for support and assistance from a trained counselor. If you or a loved one are in immediate danger, call 911. If you are ready to try cognitive reframing, start by noticing your own thoughts. Pay attention to any negative or distorted thinking. Next, work on evaluating the evidence that supports or disputes your thoughts. Note things that might contradict your interpretation. It is also important to work on being compassionate to yourself. Using positive self-talk and practicing gratitude are two ways that you can shift into a more positive mindset. If you want to try cognitive reframing with the help of a therapist, there are some steps that you can take to help find the best therapist for your needs. Get a referral. Talk to your doctor for a referral to a therapist. You can also check out the directory of certified therapists offered by the National Association of Cognitive-Behavioral Therapists to locate a licensed professional in your area. Ask about insurance. Contact your therapy provider to be sure that they take your insurance, and check with your insurance provider about how many sessions they cover per year. Weigh your options, including whether you're more comfortable with face-to-face or online therapy. Think about what brought you to therapy, and be prepared to answer questions about your medical and personal history. Frequently Asked Questions How does reframing influence cognitive distortions? Reframing challenges the negative thoughts and beliefs that contribute to distress.

By learning to recognize distorted thinking and then actively working to change these thoughts to be more positive and realistic, people can feel more resilient and optimistic in the face of stress. What are some examples where cognitive reframing works? In situations where a person is feeling sad, they can change how they view the situation so that they can focus on the things that are going right. When people are experiencing stress, rather than getting overwhelmed by the things they cannot change, reframing can help them focus on the aspects of the situation that they can control. How does cognitive reframing differ from cognitive restructuring?



Reframing is a strategy that people can use, either on their own or in therapy, to help adjust their mindset. It often involves focusing on more positive thoughts, but it can also be centered on changing excessively high expectations to be more realistic. Cognitive restructuring, on the other hand, is an approach used in a therapeutic setting that disputes and replaces maladaptive or irrational thoughts. How can you practice cognitive reframing? You can practice cognitive reframing by becoming more aware of your thoughts and how they shape your perspective on different situations. Practices such as meditation or mindfulness can be helpful for becoming more aware of your thoughts. The next step is to consciously shift your mindset. Think about other ways of viewing the situations. Are there things that you have not considered? Are there other explanations you should consider? As you work to change how you think, strategies like visualization or gratitude journaling can be helpful.