**Positive Reframe**

Change your perspective, adjust your lens, rewire your attitude towards life.

Replace this

He’s too stubborn to change his ways.

She’s too impulsive to make good decisions.

He’s too dependent to stay away from toxic relationships.

She’s too timid to see thing through.

His life is too messy for him to learn anything.

She’s too foolish to stay on a healthy path.

He’s too rebellious to follow the rules.

She’s too self-involved to change her behaviors.

With this

His determination can help him make lasting changes.

She’s so spontaneous, she can find new ways to make positive decisions.

He connects well with others.

Her cautious attitude will help her stay out of trouble.

He has a lot of different life experiences to draw from.

Her humor will help her through tough times.

His courage will give him the strength he needs.

Her independence will keep her focused on better behaviors.