

Activity 7.2: Positive Reframing

Use this activity to gain practice in reframing that you can then apply to real-life situations.

Turn negatives into positives by reframing

Positive reframing is trying to see things in a positive light. It doesn't change the situation—just your perspective, and then its impact on you. It's about living in the light and consciously choosing to be optimistic and open-minded. Maintaining a positive mind-set requires discipline and patience, and often a bit of humor, forgiveness (of ourselves or others), and wisdom. It's not hard, but it takes practice to make it a habit.

Suggestion. Practice reframing with the following real-life experiences. Ideally do the activity at least one other person so you see their point of view. For each situation below, first consider how you would react if it happened to you. Be honest! Think thru what you would feel, say, and do, and then how others would react because of the way you handled the situation. Next, create a more positive scenario, in which you are not negative, overwhelmed, or ashamed but are in control. How do others feel? What changes because of your positive reframing?

Feel free to edit the name, or situation to make it more meaningful for you.

- ★ Your first or last name is spelled and pronounced incorrectly during an important communication. For instance, when they're calling out names in a public meeting, yours is pronounced as *Yoda Dickerson*, and everyone refers to you as *Yoda* (instead of *Joda Derrickson*).

Example: I hate Dickerson, so I always gently correct it once. People really think it's funny to call me Yoda, so in my college years I started playing with whatever people say as a joke to engage people.

- ★ Everyone in the coffee shop sees a condom fall from your wallet.
- ★ You lock your keys in your car, with the engine running, an hour from your home. A family member bails you out and then enjoys retelling this hardship (and your screw up) at least once a year.
- ★ You find out your boss did not give you adequate credit for an important contribution you made.