

Inner Circle 11th December 2016 - Notes

Reframing

“My life has been filled with terrible misfortunes, most of which have never happened.” Mark Twain

Mr Twain is speaking about the worry we have about things that haven't happened yet, that then become things that didn't happen... but we still had all the worry!

First we know that people, places, things, situations only have the meaning we give them. The Chilli pepper isn't hot... one person thinks its hot, another person thinks its mild. It is simply our experience of the pepper we label as either hot or mild.

Second every thought we have has a hidden frame behind it. The frame is created from our beliefs... we believe X so we see it in the behaviour of others or in situations.

Third there is a positive intention behind every behaviour. Although it might not seem like it, especially at the time, finding the positive intention behind an action allows you the ability to reframe it quicker.

every thought has a hidden “frame” behind it. The frame is your underlying beliefs and assumptions that are implied by your thought.

Content Reframe

A Power cut can be viewed as a big issue because of everything that you need to get done. Or you can choose to think “its the universe telling me to go do something different”, or “oh well, I can't work on that now... what else could I do that will make a difference”. If you have a flat tyre, you have a flat tyre do you want a bad mood as well?

“My boss doesn’t like me he’s always criticising my work.” He obviously cares enough about you enough to assist you in ensuring that you perform to the best of your ability.

Recognising there is a positive intention behind every behaviour, even if you can’t understand what it could be... means that you can reframe any issue and be at peace with it, find it motivating or any other emotion.

Context Reframe

“He’s so mean with his money”

When would this behaviour be valuable?

Because he is careful with his money he has been able to send his children to private school, even though he has missed out on many fine things.

“Wow, thats so expensive”

Buy cheap, buy twice. Spending that little extra now means in the long run its a bargain.

Time to get prepared

What are your most common negative thoughts patterns? Once you identify them you can create a new frame to view them through. Then imagine being in that situation next time and acting differently. Planning to be different in that situation in the future...