Consciously practice reframing

5-Star CPR: what to remember

Reframing doesn't change what happened. It changes what we do with what happened.

Can the words we say every day keep us stuck?

Yes. We can talk ourselves into the very place we want to get out of. **The more we say it, the more we live it.**

INSTEAD OF	TRY
I'm so busy.	**I'm intentional with my time.**
It's always hard.	**It's been really hard.**
I don't sleep.	**I'm grateful for how well I sleep.**
Why does this always happen to me?	**What can I do differently?**
I'm struggling.	**I'm facing a challenge.**
I'm so worried about you.	**I believe in you, and I'm here.**

A label can describe a moment. It doesn't define who we are.

> **Triggered or activated?** The same emotions, with awareness and choice. Pause, ask what this is bringing to the surface, and choose how to respond.

Three types of reframing

Negative keeps us stuck. **Positive** looks for the good, but can slip into toxic positivity. **Intentional** acknowledges what's happening, then asks: What am I learning? How am I growing?

In the moment, ask:

"Are my words and actions going to add to the conflict, or add value?" We can't control how others receive us. When we act from love, we know we did our best.

Simple ways to practice

1 ### What I don't want → what I do want

List what you don't want to experience, rewrite each one as what you do want, then focus forward.

2 ### Flip the Script

Write five things that would make a hard situation worse, write the opposite of each, then choose one step to take today.

3 ### The Manifestation Game

By Amna Kahn: every statement begins with "It's totally possible..."

Need help now? If you or someone you know is thinking about suicide, call or text 988 (US) or text HOME to 741741. If someone is in immediate danger, call 911.

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