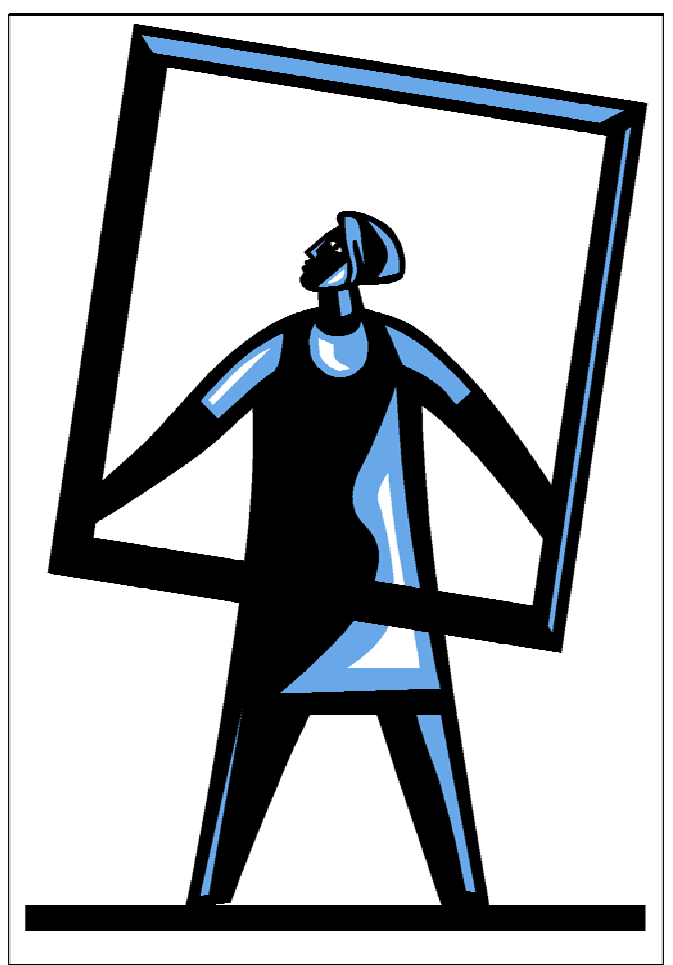


REFRAMING



EVER TAKE A PICTURE OFF THE WALL AND PUT IT IN A NEW FRAME? SAME PICTURE WITH A NEW LOOK AND MEANING. WORDS AND ACTIONS CAN BE REFRAMED. FOR INSTANCE, IF MY CHILD COMES HOME LATE, "I CAN SAY TO MY SELF, "SHE IS IRRESPONSIBLE, DISRESPECTFUL ETC." OR I CHOOSE TO REFRAME HER CHOICE. REFRAMING ASSISTS US IN STAYING NEUTRAL AND OUT OF JUDGMENT. REFRAMING FOCUSES ON THE BEHAVIOR, NOT THE PERSON. THE REFRAMED CHOICE MIGHT LOOK LIKE; "I WONDER WHAT HAPPENED TO CAUSE HER TO MAKE THE CHOICE TO BE LATE". REFRAMING TAKES THE STING OUT OF "BUTTON PUSHING".