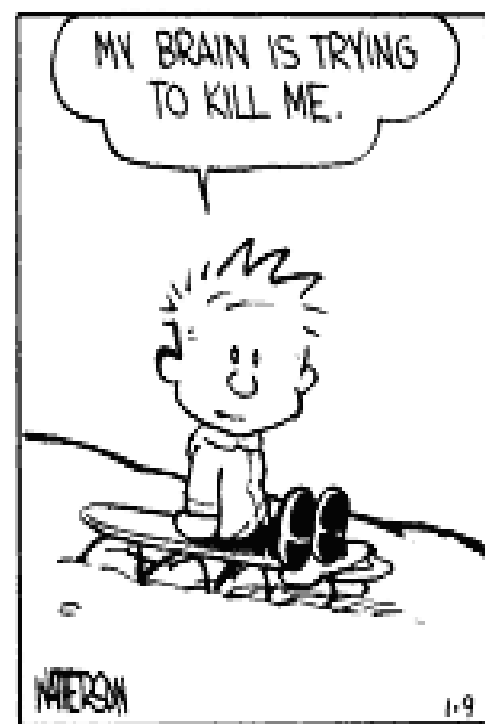
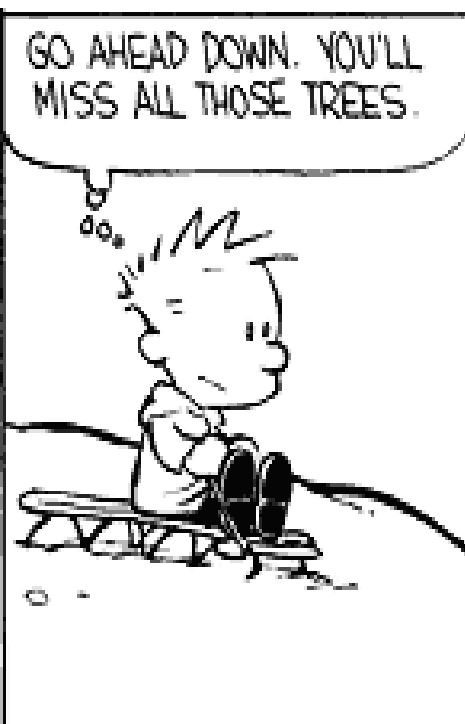




Everything can be taken away from man but one thing - the last human freedom, to choose one's attitude in any given set of circumstances.

-Viktor Frankl

Cognitive restructuring

Cognitive restructuring means changing a perception from a negative interpretation to a neutral or positive one, making it less stressful.

This process is also called reappraisal, relabeling, reframing, and attitude adjustment.

Cognitive Restructuring vs. Rationalization

- Rationalization: making excuses, blaming, shifting responsibility, denial of reality.
- Cognitive Restructuring: assuming responsibility, facing reality of situation, taking the offensive to resolve issues.
- Creating a positive mind frame is hard work!

some cognitive distortions

- Pessimism
- Blaming
- Catastrophizing
- Polarized thinking
- Should-ing
- Magnifying
- Victimization
- Awfulizing

Serenity Prayer

Lord, grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference.

Another Serenity Prayer

Lord, grant me the serenity to accept the people I cannot change; the courage to change the one I can;
And the wisdom to know that person is me.

One more Prayer

God grant me the courage to change the things I cannot accept.

Reframing

- Reframing is looking at the same situation from a different point of view and finding some good aspect.
- Reframing is changing a negative statement into a positive one by changing the frame of reference used to perceive the experience.
- Internal representation – there are multiple ways to see or experience any situation.

Reframing

- Consider the sound of a footstep....
- Past experience provides context
- Meaning of any experience depends upon the frame we put around it. If you change the frame (context) the meaning changes.

Reframing

“There is nothing either good or bad, but thinking makes it so.”

--William Shakespeare

Reframing

- Our biggest problems can be our greatest opportunities – if only we can step out of our trained patterns of perception.
- Nothing in the world has an inherent meaning (e.g., your headache may feel good to an aspirin salesman).
- How we feel and what we do depends upon our perception.

Reframing

- Human beings attach specific meanings to experiences.
- Tendency to frame things based on how perceived in the past.
- Change representation – change states and behaviors.

Reframing

- Frames of reference are “maps” that define the territory
- Past experiences regularly filter ability to see what is happening in the world.

Two major types of reframes

- Context reframing
- Content reframing

Context Reframing

- To take an experience that seems bad, upsetting, undesirable and showing how same behavior or experience is actually a great advantage in another context.
 - Children's literature
 - Rudolph's nose
 - Ugly duckling
 - Great innovations (entrepreneurs = great reframers)
 - Oil
 - Sawdust

Content Reframing

- To take the exact same situation and change what it means.
 - Famous army general
 - “We’re not retreating, we’re just advancing in another direction.”
 - Break-ups

Content Reframing

- To actually change the way you see, hear, or represent a situation.
 - Envision
 - Smiling as someone is scolding you
 - Speaker surrounded by your favorite color
 - Tonality of speaker's voice
 - Blurry, unfocused
 - Further away
 - Black and white
 - High perspective

“A Boy of Unusual Vision”

- Article from the *Baltimore Sun* about Calvin Stanley
 - He rides a bike, plays baseball, goes to school, does everything 11 year-olds do, except see.
 - How can he do these things? Others give up.
 - His mother is a master reframer
 - Turned “limitations” into “advantages” in Calvin’s mind.
 - “Why am I blind?”
 - “I don’t know...maybe there’s a special plan for you. You’re seeing, just using your hands instead of your eyes. And remember, there’s nothing you can’t do.”
 - “I will never see your face.”
 - “You can see my face. You see it with your hands and by listening to my voice, and you can tell more about me that way than somebody who can use his eyes.”

Another Master Reframer

- Captain Gerald Coffee
 - Seven years in POW camp in Vietnam
 - How he represented the experience to himself.
 - Decided it was a great opportunity, a challenge to stay strong, an opportunity to learn more about himself, a chance to get closer to God.
 - He saw everything as part of a personal development experience -- mental, physical self – and relationship to God. Where else would he have the time? Nothing else to do.
 - Came out transformed – wouldn't give up the experience for a million dollars.

“At some time or another we all get shot down, we are all POWs, prisoners of “woe.” Be tough. Bounce back. Learn not just to survive, but to go beyond survival: finding the purpose in our adversity.”

Captain Gerald Coffee

Lessons from Jerry Coffee

- ...the power of COMMUNICATION *“Prisoners weren’t allowed to communicate, but we still found ways to do it. We created a new language. Tap Code. It consisted of five rows of five letters each. By tapping on our cell walls, we passed information, poetry, even learned new languages.”*



...the power of **LEADERSHIP**

“We kept faith in the leadership of our senior officers, who taught us that commitment, courage, and character really count. In solitary, I learned that leadership starts with self knowledge and understanding, accountability, and integrity.”

...the power of **MASTERING CHANGE**

“I suddenly found myself thrust into a totally foreign, hostile environment with no source of strength except that which I found within me. Ultimately, that was enough.”

...the power of **TEAMWORK**

"Our motto in prison was simple: Unity Over Self. Our very survival depended on it. It was based upon faith in and loyalty to one another. Unity over self...not a bad corporate motto."

...the power of **HUMOR**

“My first shower was in a dank, converted cell with water dripping down from a rusty pipe. Totally dejected, I looked up to let the water splash on my face and saw scratched on the wall, the words: Smile you’re on Candid Camera.”

...the power to **OVERCOME ADVERSITY**

“I walked several miles a day - three steps and a turn at a time. I vowed to find the purpose in my adversity and pain and come home better, tougher, and stronger in every way. Our mission in prison was to not just survive, but go beyond survival and return with honor.”

Multiple Meanings to Any Experience

- My boss yells at me all the time.

Possible reframe

- It's great that he cares enough to tell you how he really feels. He could have just fired you.

Multiple meanings to any experience

- I had to pay more in income tax this year than last year.

Possible reframe

- That's great. You must have made a lot more money this year than last year.

Multiple meanings to any experience

- We have little or no extra money to buy Christmas presents this year.

Possible reframe

- Great! Then you can become much more ingenious and make something people will never forget instead of buying run-of-the-mill gifts. Your gifts will be personal.

Multiple meanings to any experience

- Every time I begin to succeed in a big way, I sabotage my success.

Possible Reframe

- It's great that you're aware of what your pattern has been in the past. Now you can figure out what triggered it and change it!

Artful Reframes

- Advertising – reframing done FOR us, not BY us.
 - Coke, Pepsi
 - Beer
 - Cigarettes
 - Politics
 - Reagan, Mondale debates
 - Torture
 - Health issues

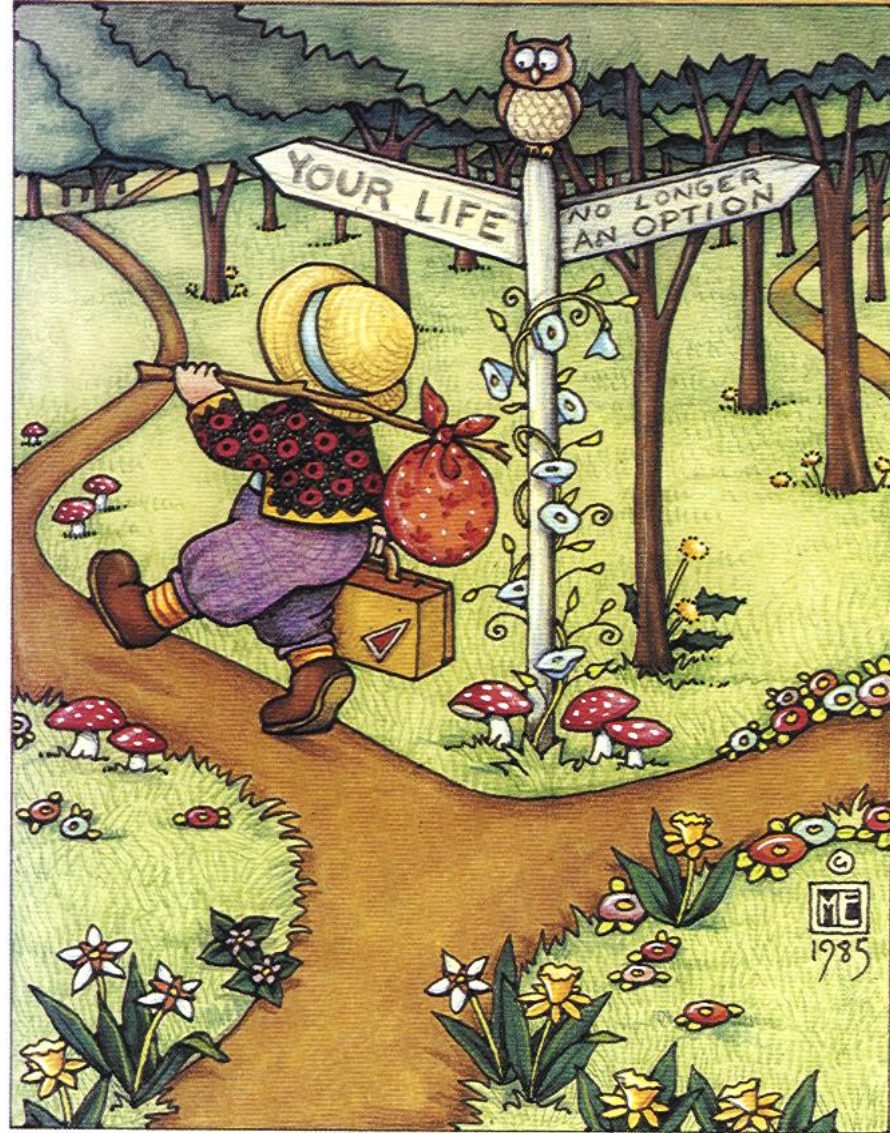
Internal Representation

- Easier to change others' perceptions than our own.
- How do we frame our communications with ourselves?
 - We think we must live with our representations.
 - Like turning on the ignition, starting the car, and then seeing where it decides to go.

Conscious Reframing

- Start framing experiences in a way that makes them work for you.
- Think of three situations that are challenging you.
 - How many different ways can you see each of the situations?
 - How many frames can you put around them?
 - What do you learn by seeing them differently?
 - Might this help you act differently?

DON'T LOOK BACK





RIGHT NOW
MY LIFE IS
JUST ONE
LEARNING
EXPERIENCE
AFTER
ANOTHER.

BY THE
END OF
THE
WEEK
I
SHOULD
BE A
GENIUS.

- JEANETTE OSIAS



2012