



# Reframing Your Perspective

Here is a quick and easy exercise that demonstrates how, by making a different choice, you can influence how you feel.

**Look out of your window – what do you see, hear and feel?**

What do you see?

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What do you hear?

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What do you feel?

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Write down three things that make you feel good about what you have observed, heard and felt.

- 1.
- 2.
- 3.

Now write down three things that make you feel bad about what you have observed, heard and felt.

- 1.
- 2.
- 3.

You see, you have a choice. What you have outside your window can be thought about in at least two different ways and yet the view is exactly the same. The only difference between your two lists is how you have decided to think about them. The word we use to describe this is “reframing” and like the window frame in our exercise it is about changing the frame, changing the way you look at something.

This ‘reframing’ Technique can be used in different scenarios that apply to our everyday life, for example if you ad a job interview or an exam that you felt didn’t go well, how can you reframe your thoughts to find positives.

Eg. Negative mindset: I had an exam and got 60% when I wanted 80%.

Finding the positives: I had an exam and found 2 areas I need to improve on for next time.

Can you identify 3 examples you can reframe and find the positives?

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How does it make you feel finding the positives?

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