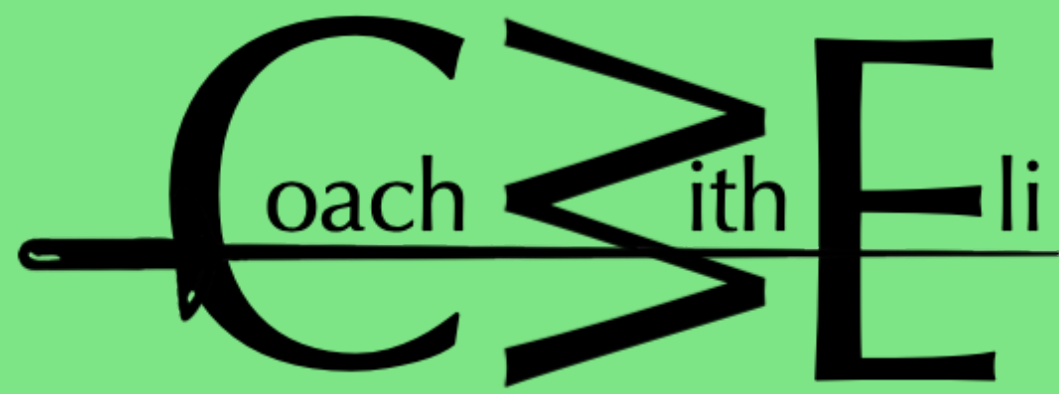


Practice Makes Perfect(er)

Reframing

Layers of the Mind & Being at Cause



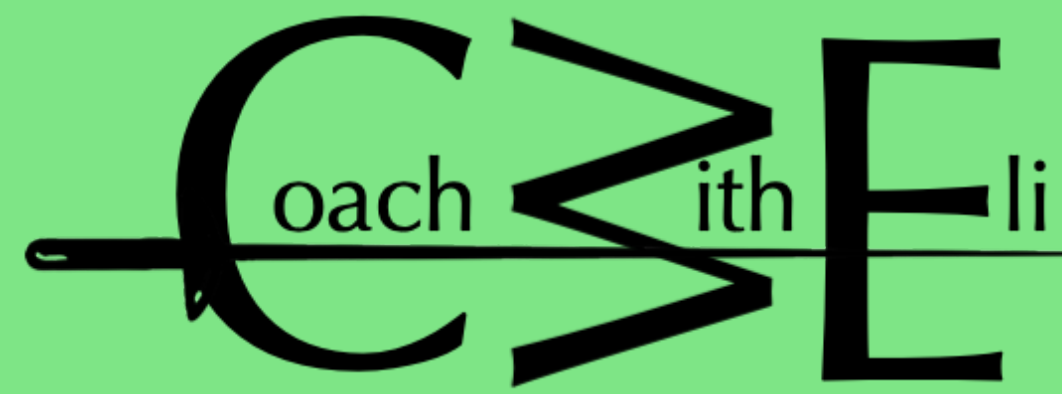
What are Frames and Why do they Matter?

Frames are the lenses through which we see the world.

Filters are used to create and adjust **frames**.

Because every person sees the world from their own **frame** of reference, reality is truly a subjective experience.

Adjusting someone's **frame** is a powerful way to create change.



What is Reframing?

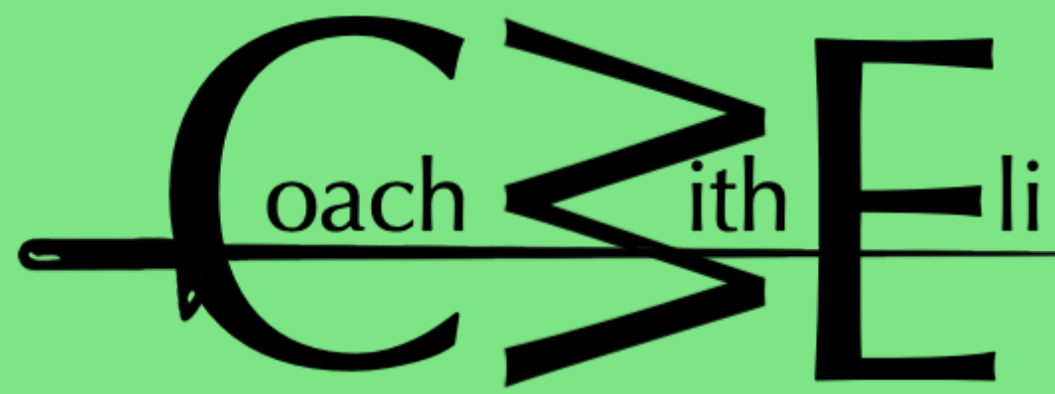
Reframing occurs when a person is able to recognize, view, or consider information from a different perspective or point of view.

Everyone is doing the best they can with what they have...

That means a person's behavior is entirely based on the information available to them in the moment, and that information is filtered in many ways based on many circumstances.

Reframing is how you clean your (or other's) filters.

Reframing is how you can introduce new information to rapidly alter multiple layers of the mind...

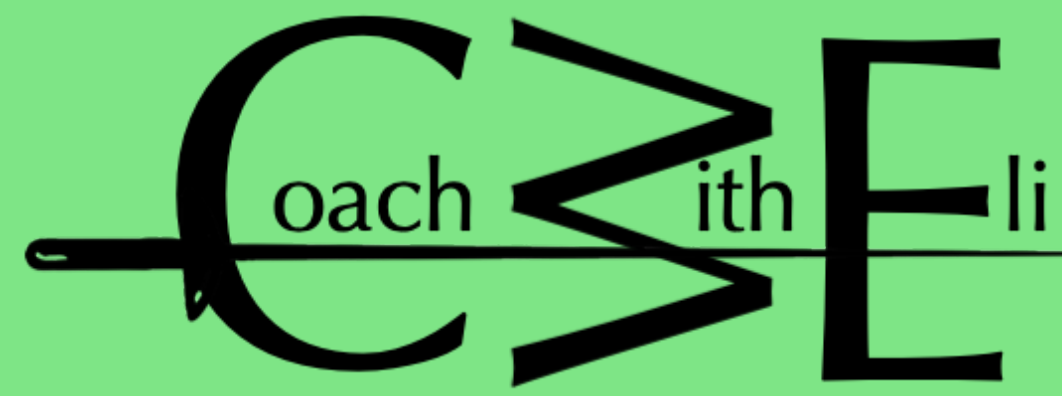


Types of Reframing

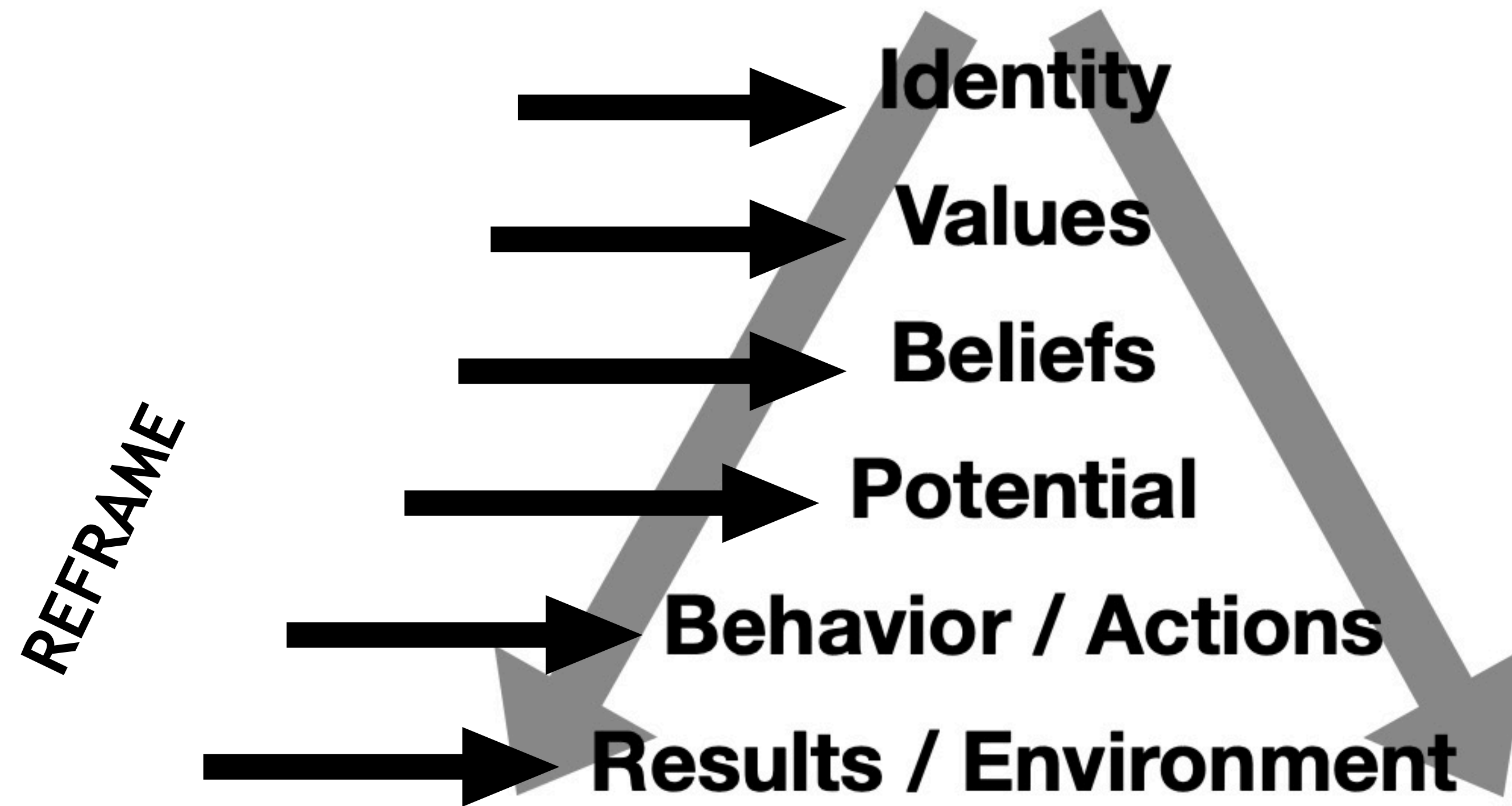
Context Reframe: Think of a different context that would cause the person to respond differently.

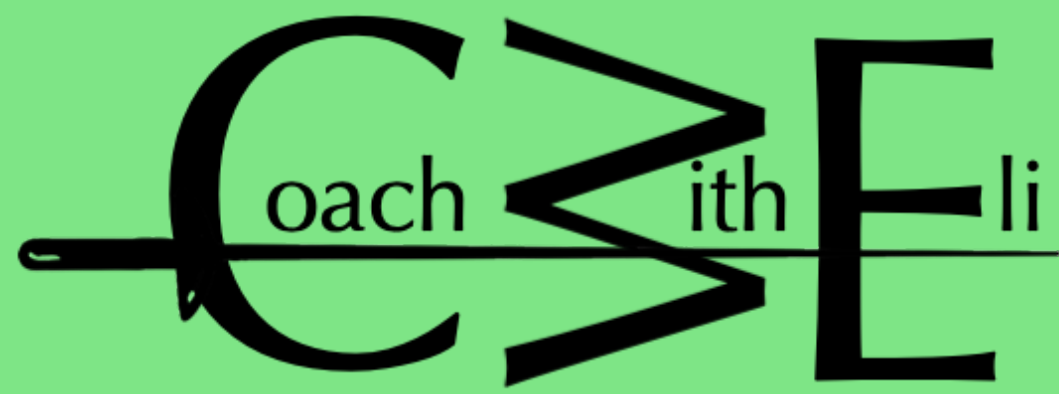
Meaning Reframe: Ask “What else could this mean?” Or “What has this person (or what have I) not noticed that will create a new or different meaning to change the response?”

The simple question: What must this person believe to be true for their thoughts/feelings/words/behaviors/reactions to be their most appropriate response?



Layers of the Mind





Reframing Layers of the Mind

How might someone else interpret this information?

What is important to this person that is being overlooked right now?

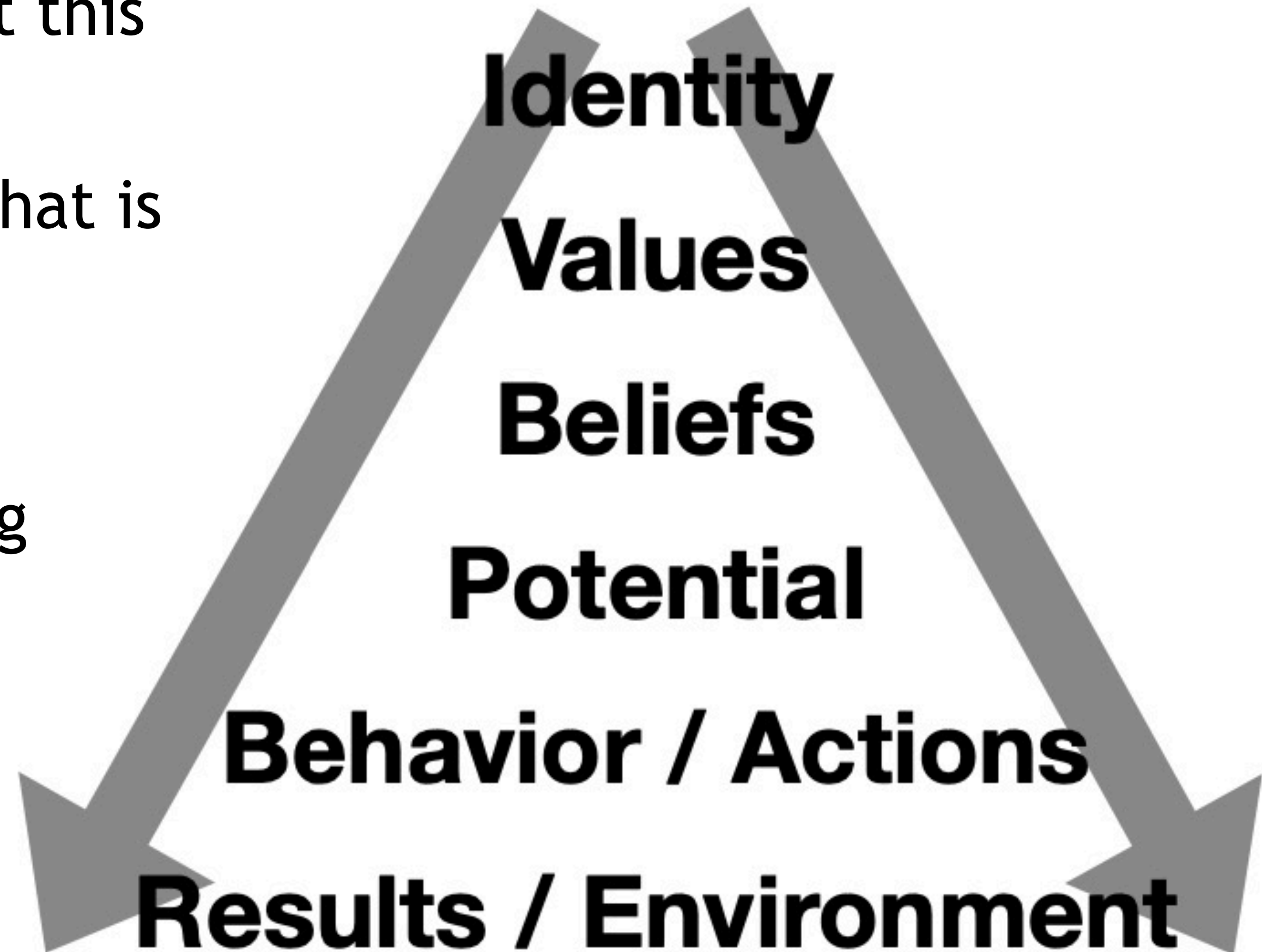
What else could be true?

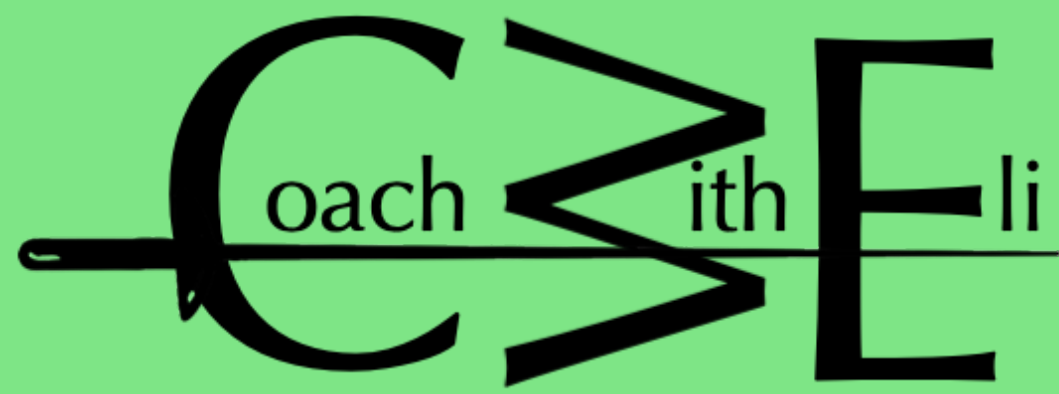
What could be a more empowering belief?

What else is possible?

What else could be done?

What else could this mean?





Reframing for Being at Cause

Behavior inside relationships is structured within familiar patterns.

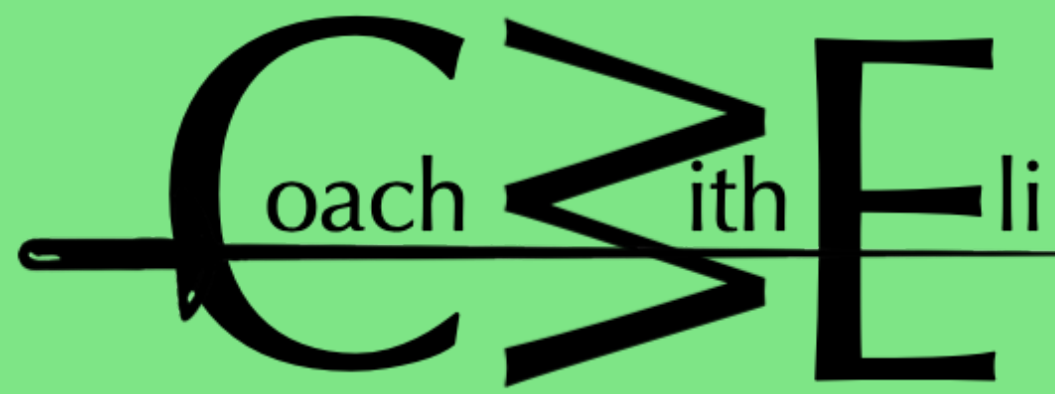
What if *you* are at cause for the pattern?

If you continue to get a response that you would like to change, consider this question:

How am I perfectly maintaining this person's behavior?

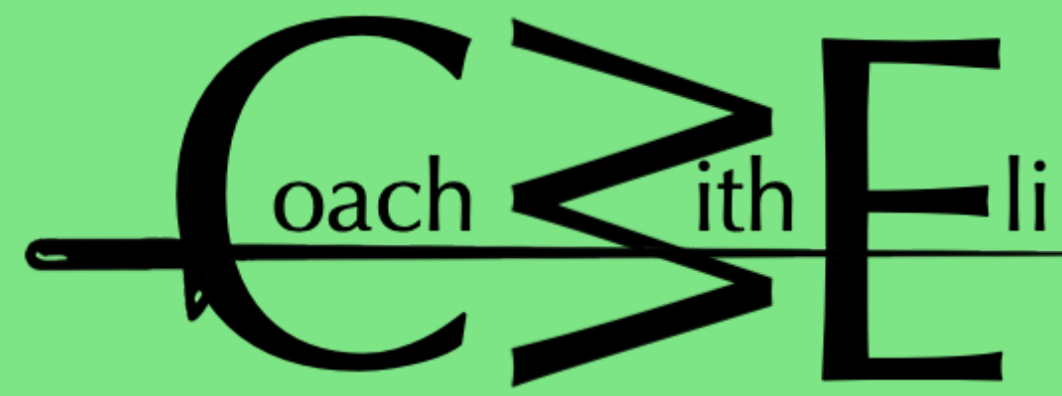
Expand the scope of the question to any problem:

How am I perfectly maintaining this problem?



Practice

- Practice reframing through Layers of the Mind
 - Identify a result your client wants
 - Ask questions about each layer of the mind
 - If a “problem” exists, focus on questions at least 1 layer higher to resolve find a solution
 - Develop congruency through all layers
 - Focus on developing and supporting a new identity
 - Future pace the new identity and have your client notice what will be different
- Practice reframing for Being at Cause
 - Ask reframing questions that encourage your client to take responsibility for a pattern so they can change the result



Final Thoughts

- What questions do you have?
- Write down at least 5 AHA's from today's training
- What is your feedback from today's training?
- What is your plan for implementing the skills you worked on today?