

Reframing your thoughts

Are you facing a difficult situation?

We know that in life, some situations seem like steep hills. When a situation seems insurmountable, your thoughts and your way of seeing the situation influence your reactions. Unhelpful thoughts influence the way you interpret reality and can prevent you from moving forward.

The reframing: a winning strategy

Reframing is about shedding new light on things and transforming your way of thinking so that you can react differently. By changing the meaning given to a situation, you turn towards new perspectives, new solutions.

With reframing, you are invited to stop and think, to see the situation from a different angle and thus to regain your ability to act. The following images can be used to illustrate these different ways of seeing things: imagine wearing clear glasses instead of dark ones, or seeing the glass as half full instead of half empty. This new light helps you to take a more measured or even a more positive view in the face of a difficult situation.

Reframing steps

1. Stop
2. Think and see the situation from a different perspective
3. React in a more balanced and positive way to the situation

Successful reframing tactics suggested by couples

To take life one day at
a time, or one
moment at a time

To realize that no one
is to blame

To build on our
capabilities, strengths,
skills and interests

To look at the
positive or funny side
of a situation

To learn to live with what we
can't change

And for you, what are your
favourite reframing tactics?
