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Reframe Your Reaction

When we change the frame of the situation we are experiencing, we change its meaning. And with it: our reaction and corresponded behavior. To reframe something is to change its meaning by putting it in a different setting context, or frame.

For instance, consider the word **discipline**. **That word can simultaneously carry a negative and a positive connotation.**

If you use to refer to your self-care as a necessary obligation that causes you to feel overwhelmed, your attitude will carry this emotional association as well. But if you reframe the word as a variation on disciple (literally meaning “a student” in Latin), then committing to caring to yourself every day becomes the gift of being a disciple of yourself and your personal growth.

So semantically different, isn't it, depending on the connotation.

The purpose of reframing your stories is to help you shift your mindset around your re-occurring sabotaging thoughts and limiting beliefs. As always, practice curiosity and not judgment. The more familiar you are with your setbacks, the more open you become to let go of them and create new empowering beliefs and behaviors.

Let's begin!

On the left side of the sheet, please list all limiting beliefs and negative stories you have about your body, health, relationships, life goals, etc... Be as detailed as possible. **Now let's reverse it!** On the right side of the sheet, please re-write all of the statements you just wrote using the method of re-framing. If you don't know how, close your eyes and tune in to your intuition. Allow your heart to speak and guide you.

These are general examples. You will create your own .:)

I am not fit enough -----> **REFRAMED** -> I am exercising
regularly and I feel healthy and satisfied with my looks

I am not successful enough> Every day I take action to move towards my goals/ I am patient with the process and trust in my abilities to achieve the success that I want and deserve

I am never taken seriously -----> What I have to say matters. I respect myself, and my self-respect helps others to respect me as well. I can't change others, but what I can do is to always honor and respect myself in all situations

I can't find a romantic partner> There is plenty of love in this world for all of us: including me. I can't force love to happen so I am choosing to love myself first, and take great care of myself. I am worthy and deserving of unconditional love and happiness. I trust the process of attracting more love into my life. I feel connected to the universal love that is in all of us. I am lovable and loving.

I don't like eating vegetables> I am creating a positive meaning in consuming more vegetables because they provide me with the macronutrients I need in order to be healthy, youthful and energized.

