COACHING RE-FRAMING EXERCISE

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| **STEPS** | **QUESTIONS TO ASK YOURSELF** | **NOTES/REFLECTIONS** |
| **Step 1: Identify the Problem**Image result for problem | * *What problem am I facing?*
* *What unhelpful behaviour am I indulging in?*
* *What limiting state-of-mind am I experiencing?*
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| ****Step 2: Challenge Your Assumptions****http://www.crowe-associates.co.uk/wp-content/uploads/2019/04/Assumptions.jpg | * *What is valuable and useful about this assumption I am making?*
* *What is useful about how I’m currently framing things?*
* *What is unhelpful about the assumption I am making?*
* *What is unhelpful about the way I’m framing things?*
* *Is there any evidence that goes against this assumption?*
* *Am I using any rules that could be challenged?*
* *How else could I interpret this experience?*
* *What else could this possibly mean? How could that be helpful?*
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| ****Step 3: Re-frame Your Circumstances****http://www.crowe-associates.co.uk/wp-content/uploads/2019/04/RE-frame.jpg | * *Is this really a problem, or is it a problem because of the way I feel about this situation?*
* *How would I deal with this situation if I were a scientist? Lawyer? Child? Man? Woman? Harry Potter?*
* *What would someone I admire do in this situation?*
* *What if this problem was part of a cartoon? How would the cartoon characters solve this problem?*
* *How would I approach this situation if I only had a day to solve it? How about an hour? How about a minute?*
* *What would other people do in my situation to help resolve this problem?*
* *What would I do right now if I knew I couldn’t fail?*
* *What is funny about this problem that I hadn’t noticed before?*
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| ****Step 4: Test the Reframe****http://www.crowe-associates.co.uk/wp-content/uploads/2019/04/Re-frame-2.jpg | Now, have a think about your new behaviour/approach/perspective and complete the following statements:* *[new perspective] allows me to…*
* *[new perspective] provides me…*
* *[new perspective] helps me to…*
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