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?* |  |
| ****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?* |  |
| ****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?* |  |
| ****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…* |  |