

REFRAMING EXAMPLES

SECTION 1

SIMPLE REFRAMING EXAMPLES:

Here are some examples of statement and suggested reframes. With reframes it is important that they land for the person whose statement it is.

STATEMENT	REFRAME
I can't do anything right.	What if I'm learning and improving every day?
I'm not good enough.	What if I'm exactly where I need to be right now?
People will never accept me.	What if I am accepted just as I am?
I'll always fail.	What if failure is just part of the learning process?
I'm always the problem	What if I can choose to change my approach?

I can't trust anyone.	What if I could learn to trust myself first?
I don't deserve to be happy.	What if I deserve happiness just like anyone else?

SECTION 2

A. Different types of reframing example:

Content Reframing Examples

Content reframing focuses on changing the meaning or interpretation of a specific event or situation. It is important that they land for the person whose statement it is.

STATEMENT	REFRAME
I failed the exam, so I'm not smart.	This failure gives me a clear idea of what to focus on for improvement
They cancelled our meeting, so they don't respect my time.	They might have had an emergency, and we can reschedule for a better time.

I didn't get the job because I'm not good enough.	That job wasn't the right fit, and something better suited for me will come.
My friend didn't text me back, so they must not care about me.	My friend might be busy, and it doesn't change our relationship.
I'm too scared to try something new.	Feeling scared means, I'm about to grow, and that's exciting.

Context Reframing Examples

Context reframing shifts the usefulness of a behaviour or belief by finding a situation where it is helpful.

STATEMENT	REFRAME
I'm too emotional	Being emotional helps me connect deeply with others in relationships.
I'm too cautious.	Being cautious is a good thing when making big decisions, like financial investments.
I'm too stubborn.	My stubbornness helps me stay persistent in achieving long-term goals.

I talk too much.	My ability to talk a lot is great for socializing and networking events.
I'm too sensitive.	My sensitivity allows me to be empathetic and understand others' emotions.

Outcome Reframing Examples

Outcome reframing focuses on changing the goal or outcome you are focusing on.

STATEMENT	REFRAME
I didn't get a promotion, so I've failed.	Not getting this promotion gives me time to build more skills for the next opportunity.
I'm not reaching my sales targets.	Each missed target helps me learn what doesn't work, which improves my future strategies.
I lost the game, so all my practice was for nothing.	This loss helps me see where I can improve and grow as an athlete.
This project is harder than I thought, so I'm not progressing.	The challenges I'm facing are making me more resilient and resourceful.

I didn't lose weight this month, so my efforts are pointless.	I'm getting healthier and building sustainable habits, which matter more in the long run.
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Perspective Reframing Examples

Perspective reframing involves looking at a situation from another person's point of view.

STATEMENT	REFRAME
My boss criticized my work, so I must be terrible at my job.	From my boss's perspective, they want to help me improve and grow professionally.
My partner doesn't agree with me, so they don't support me.	From my partner's perspective, they may have a different opinion because they want what's best for both of us.
I'm always the one initiating plan, so my friends don't care about hanging out with me.	From their perspective, they may appreciate that I'm the planner, as they're not as good at organizing.
I'm always the one initiating plans, so my friends don't care about hanging out with me.	From their perspective, they might not have realized how much I contributed and could appreciate it if I speak up.

My friend didn't invite me, so they don't care about me.	From my friend's perspective, they might have thought I was busy or not interested in that event.
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Time Reframing Examples

Time reframing involves changing how you view the importance of a situation over time.

STATEMENT	REFRAME
This presentation went poorly, and it will affect my whole career.	In a few months, this presentation will just be a learning experience, not a defining moment.
I'm stuck in this job, and things will never get better.	This phase is temporary, and with patience, I can find new opportunities in the future.
This argument ruined my relationship.	In time, this argument could actually strengthen our relationship if we use it to communicate better.
This rejection feels unbearable right now.	In a year, this rejection might be the turning point that led me to something better.

I'm failing at everything right now.	This tough time is just a season, and it will pass with growth and perseverance.
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Self-Reframing Examples

Self-reframing shifts how you view your own identity or self-worth.

STATEMENT	REFRAME
I'm not good at public speaking.	I'm improving at public speaking each time I practice, and it's getting easier.
I'm not a confident person.	Confidence is something I can develop through experience and small wins.
I'm terrible at managing time.	I can learn better time management skills with practice and the right tools.
I'm not creative.	Creativity comes in many forms, and I can explore new ways to express it.
I'm too shy to network.	I can start small with networking and build my confidence gradually.

Problem Reframing Examples

Problem reframing shifts how you define a problem to view it in a new way.

STATEMENT	REFRAME
This project is overwhelming.	Breaking this project into smaller tasks will make it more manageable.
I don't know how to solve this issue.	This issue is an opportunity to learn new skills and seek support.
I can't seem to motivate myself.	What if I'm just tired and need to recharge before getting motivated again?
My workload is too heavy, and I'll never finish.	This is an opportunity to practice prioritization and delegation.
My relationship is falling apart.	This is a chance to open up more communication and address underlying issues together.

Identity Reframing Examples

Identity reframing shifts limiting beliefs about who you are at the core.

STATEMENT	REFRAME
I'm just not a leader.	Leadership is a skill I can develop, and I'm already showing signs of it in certain situations.

I'm not a risk-taker.	I take calculated risks in areas I feel passionate about.
I'm not a good communicator.	I can improve my communication skills by practicing and learning from others.
I'm not a people person.	I connect deeply with people in one-on-one settings, and that's just as valuable.
I'm not successful.	Success comes in many forms, and I'm successful in areas that matter to me.

Meaning Reframing Examples

Meaning reframing changes the meaning you give to an event, finding a positive or alternative interpretation.

STATEMENT	REFRAME
Losing that client was devastating.	Losing that client frees up my time to focus on finding clients who align more with my values.
This challenge is impossible.	This challenge is an opportunity to develop resilience and creativity.
That breakup was the worst thing to happen to me.	That breakup helped me learn what I really need in a relationship.

Getting sick ruined my plans.	Getting sick gave me time to reflect and take better care of my health moving forward.
That mistake at work will haunt me forever.	That mistake was a learning experience that will make me better at my job in the future.

Cause and Effect Reframing Examples

Cause and effect reframing challenges the assumption that one event automatically leads to a specific outcome.

STATEMENT	REFRAME
Because I failed the test, I'm not good at this subject.	One test result doesn't define my ability, and I can improve with more effort.
Because I didn't finish the project on time, my boss will think I'm incompetent.	Delays happen, and my boss might understand if I communicate effectively.
Because I got rejected, I'll never be successful.	Rejection is part of the process, and each rejection brings me closer to success.
Because I didn't get a high score, I'll never reach my goals.	This score is just one piece of the journey, and I can still reach my goals with persistence.

Because they didn't respond to my message, they must not like

There could be many reasons for not responding, and it doesn't necessarily reflect how they feel about me.

These examples illustrate how powerful reframing can be in shifting perspective, reducing emotional distress, and opening up new possibilities.