

Reframing

Reframing is a technique used in therapy and coaching to help individuals shift their perspective on a situation or problem. It involves reinterpreting or rephrasing information in a way that changes an individual's understanding of a situation and can lead to new insights and more effective ways of coping.

Changing the way you perceive an event and so changing the meaning. When the meaning changes, responses and behaviors will also change. Reframing with language allows you to see the world in a different way and this changes the meaning. Reframing is the basis of jokes, myths, legends, fairy tales and most creative ways of thinking. (*O'Connor, Joseph, 2001*)

There are examples in children's literature; for example, the fictional Pollyanna would play The Glad Game whenever she felt down about life, to remind herself of the things that she could do, and not worry about the things she couldn't. Alice Mills also says that this occurs in Hans Christian Andersen's story where, to the surprise of the ugly duckling, the beautiful creatures welcome and accept him; gazing at his reflection, he sees that he too is a swan.¹⁾

There are four types of reframes:

- **Consequential Reframe:** A Consequential Reframe focuses on the consequences of a situation, behavior, or belief, rather than the situation itself. It helps individuals understand how their actions or beliefs impact their life and can help them see a situation in a new light.
- **Content Reframe:** A Content Reframe focuses on changing the content of a situation, behavior, or belief. It involves replacing negative or limiting beliefs with positive or empowering ones.
- **Motivational Reframe:** A Motivational Reframe focuses on an individual's motivations and goals. It helps individuals understand why they behave a certain way and can help them see their behavior in a new light for example by answering within IEMT training by in the "That's Great" exercise.
- **Contextual Reframe:** A Contextual Reframe focuses on the context or circumstances surrounding a situation, behavior, or belief. It helps individuals understand the larger picture and can help them see their situation in a new light.

Reframing is a tool that can help individuals shift their perspective on a situation and can lead to new insights and more effective ways of coping. Reframing is common to a number of therapies and is not as sometime claimed original to NLP. Understanding the different types of reframes and when to use them can help individuals and therapists more effectively utilize reframing as a tool for growth and change.

¹⁾ Methods of neuro-linguistic programming (Creative Commons Attribution-ShareAlike License 3.0;) [Wikipedia](#)

1. ^ O'Connor, Joseph, 2001. *NLP: A Practical Guide to Achieving the Results You Want: Workbook..* Harper Collins, ISBN 9781590035184.

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