



REFRAMING

(... if you change the context, meaning or content you can change the meaning!)

The two major kinds of reframes that we learn at the Practitioner level are the Context Reframe and the Meaning Reframe.

THE BASIS OF REFRAMING IS TO SEPARATE INTENTION FROM BEHAVIOR

CONTEXT REFRAME: “I’m too” -or- “He’s too “
Works best when you hear a comparative deletion.

Think of a different context in which the person will respond differently to the same behavior. In which context is this behavior ok?

MEANING (CONTENT) REFRAME: “Whenever ‘X’ happens, I respond ‘Y.’”
Works best when you hear Cause-Effect or Complex Equivalence

Ask yourself, “What else could this behavior mean?” or internally think of an opposite frame or a different meaning. “What is it that this person hasn’t noticed (in this context) that will bring about a different meaning, and change his response?”