

# 9. Positive Reframing



## *The choice of positivity!*

### What it is?

- Different individuals can share the same experience but walk away with a different perspective and interpretation.
- Positive reframing is about finding the good in a negative situation. In other words, learning to see the good in the bad.
- Rather than focusing on the negative consequences, positive reframing teaches you to look for opportunities of growth in the future.

### What can I use it for?

- Positive reframing can help you overcome future challenges that you come across in life, by identifying opportunities of growth in negative events.
- It can also help you improve your relationships, by focusing on the perspective of the other person and avoiding arguments.
- As you start to train yourself to see the good in the bad, you're another step close to building resilience.

### How to do it?

1. Think about a challenge you're currently facing. This doesn't have to be big and can range from being stressed at work to having arguments with your significant other.
2. Reflect on ways to see this challenge in a more positive light. What can be positive about the event?
3. Try and find something you can change in your own attitude that may be helpful in dealing with the negative event.

### Anything to consider before I start?

- Remember, positive reframing doesn't change the situation but it can reduce its impact and help you see things from a healthier perspective.
- Not all situations can be positively reframed – this is a normal part of life.

## THINK & FEEL



### DURATION

15 minutes

### FREQUENCY

Once off

### DIFFICULTY

Easy

### EVIDENCE QUALITY



+ WELLBEING

+ RESILIENCE

+ MOOD

+ ANXIETY

+ STRESS



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**Example:**

**CHALLENGE:**

You missed out on a job opportunity you were really excited for. This has left you deflated.

**REFLECT:**

By going through the interview procedure, you have learned how to better deal with tricky questions for the next interview. A new opportunity will come along.

Write about a challenge you're currently facing (it doesn't have to be big) or a negative event that has occurred:

[Dotted box for writing a challenge]

Reflect on one or two ways to see this challenge in a more positive light.

[Dotted box for reflecting on the challenge]

Are there any things you can do differently to ensure future events like this have less of an impact on you?:

[Dotted box for writing actions to reduce impact]

**MY HABIT STATEMENT**

Habit Statement:

When will I practice it?

How will I remind myself to practice?

How will I celebrate?