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Change of frame of mind by Rachael Mahm

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Beliefs are a crucial part of life.

Do your child have beliefs that limit her in any way, beliefs that hold him back from accomplishing goals or from reaching his true potential? Well, this is your lucky day because you can help your son change those beliefs.

Let's discuss the Reframing technique as one of my wonderful Life Skills Tool Box System.

Reframing can be done in two ways, depending on the situation.

The first way is to reframe in terms of the content. For instance, there is a new student in your class and you decide to introduce yourself. When you do he barely says a word, more of a mumbled "Hi", and turns and walks away. You think he is rude, and when you tell your mother about it after school you ask, "How does he expect to make any friends that way?"

Your dad asks you to consider what it must be like to move to a new city and go to a new school full of kids you don't know. After all, you have never moved, and you have grown up going to school with the same kids your whole life. You agree that it would be a bit scary, and you think the new kid might have come from a different country too. Your dad points out that he may not speak English very well, and that he may feel that there is a language and cultural barrier. When you look at it like that you can understand how he might feel shy and afraid. The next day when you see him at school, you walk up to him and introduce yourself again. Before he can turn away you ask him his name and where he moved from. He answers hesitantly, and you begin chatting. In the end he becomes one of your best friends.

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