**Explanatory Styles: A Reframing Exercise**

* + For the next week, at the end of each day, think of one incident that bothered you.
  + Write down the incident in a way that frames it as something that happened to you, will never end, and will ruin your life.
  + Then, write down the incident from the perspective that…it is none of those things.
  + Let’s try to make reframing a habit!

Date:

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| --- | --- |
| An incident that bothered me today: |  |

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| **Initial Negative Reaction** | **Reframing/Rethinking the Incident** |
| How this incident targeted me personally: | Is the world really out to get me? Why this was not just about me: |
| Why this will be a permanent problem: | What could change for the better (both things I can do or other things that might happen): |
| This will effect all parts of my life: | What is the most likely scenario: |

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| How could I attack this incident? Tangible, proactive, short-term steps. |
| How could I cope with this incident? Call a friend, get coaching/help, make a joke. |